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JULY/AUGUST 2014

EatingWell

WHERE GOOD TASTE MEETS GOOD HEALTH

RELAX
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ROAD TRIP
stay-healthy snacks

EAT YOUR WAY TO A Healthy Gut

43 Fresh Easy Recipes

25+ NEW WAYS TO GRILL CHICKEN

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JULY/AUGUST

CONTENTS

VOLUME XIII, NUMBER 4

DEPARTMENTS

6 Feedback

24 Nourish: Remembrance of Things Lost
By Diane Goodman

98 Recipe & Nutrition Index

100 Tastemakers: The Zimmermans, Hayden Flour Mills

FRESH

13 Wonders of Watermelon

14 5 Healthier Road-Trip Snacks

16 GMO Labeling: Pro & Con

18 Shop Smart: Tortillas & Wraps

20 Oil Pulling for Whiter Teeth?

22 How to Eat Your Way to Lower Blood Pressure

HEALTHY IN A HURRY

27 **Weeknights:** 20-Minute Suppers

36 **See It, Make It:** Summer Sangrias

39 **In Season:** Okra
By Virginia Willis

45 **Market Pick:** Turkey Sausage

TEST KITCHEN

93 **Techniques:** Ice cream pies

96 **Ask Stacy:** Cast-iron care

97 **Tips & Notes**

FEATURES

54 Festive in the Field
For farm-to-table entertaining it doesn't get any fresher than this meal from chef Tom Douglas at his farm in Prosser, Washington.
By Danielle Centoni

64 Fire It Up for Chicken
Want succulent, juicy chicken every time? In this blow-out guide we give you everything you need to get perfect grilled chicken all summer long.
By Marge Perry & David Bonom

74 The Land of Sun and Berries
In Finland, gathering wild summer berries is an obsession. Here's how to get a sweet taste of their delicious traditions.
By Darra Goldstein

82 The Wild World Within
Scientists like Jeff Leach have uncovered a metropolis of microbes living in our guts. These little bugs might be the cornerstone of great health and have the potential to improve our weight, mood, allergies, heart health and more.
By Gretel H. Schueller

Cornmeal-Blueberry Shortcakes with Honey Whipped Cream (page 63)

Tomatoes in the issue: pages 20, 30, 32, 42, 46, 48, 61

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Making Choices

***EatingWell*'s home state, Vermont, just became the first state to** pass a no-strings GMO labeling law. (Maine and Connecticut have passed GMO laws, but those require other states to act before they go into effect.) It will likely end up in the courts. But whatever happens, I'm proud to see our little Green Mountain State leading the charge on this issue.

For me, GMOs in our food is not a black-and-white issue. There are tons of nuances—health, environment, farmers' rights, crop diversity, feeding the world—and the answer's not an easy one. I want to know what science says about the risks and benefits of genetic engineering.

> "When it comes to food, I crave information."

But here's what I do know, right now, for sure: when it comes to food, I crave information. To me and 93 percent of Americans, a label on food that says whether it contains GMOs sounds like a good idea. It's a tool to help me make more informed choices at the market.

Helping you make choices is what we try to do in the pages of this magazine every day. So to that end, you can read the current arguments for and against GMO labeling on page 16. And as the GMO story unfolds we will continue to cover it.

Turns out sometimes our food choices should be determined by something tiny but powerful. Check out "The Wild World Within" on page 82 to discover how what you eat affects the microbes in your gut. Why care about gut microbes? Well, as news editor Gretel Schueller discovered while writing the story, they may be connected to everything from mood to weight to your risk for heart disease.

Then there are the more hands-on ways we try to keep you informed, like the Shop Smart column written by associate nutrition editor Lisa D'Agrosa. On page 18, Lisa helps you sort through the stacks of tortillas at your supermarket to find the healthiest *and* tastiest. When it comes to ingredients, Test Kitchen manager Stacy Fraser is always ready to dole out tips—on page 97 she recommends Mi-Del brand cookies for making pie crust because they're one of the few made without partially hydrogenated oils.

At the end of the day, what matters most to me is that we all eat well. And I mean that in two senses: that we are able to make food choices that are right for each of us and, perhaps more important, that we're eating deliciously! This time of year, with the bounty of summer in full swing, and of course with the recipes in this issue, I have no doubt that we'll all be doing both.

Cheers,

Jessie

Jessie Price, *editor@eatingwell.com*

STATE OF SOY Over 90% of U.S.-grown soy is GMO. Vermont Soy brand avoids GMOs in its tofu and soymilks by using organic soybeans grown locally by farmers like Jack Lazor (*above*) of Butterworks Farm.

BETHANY M. DUNBAR

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WAKE UP TO EGGS

1-MINUTE HAM & EGG BREAKFAST BOWL

PREP TIME 15 seconds
COOK TIME 45-60 seconds
SERVINGS 1 serving

INGREDIENTS

- 1 thin sliced deli ham (1 ounce)
- 1 egg, beaten
- Shredded cheddar cheese

DIRECTIONS

- Line the bottom of an 8-oz ramekin or custard cup with ham slices, folding ham in half if necessary. Pour egg over ham.
- Microwave on high, 30 seconds; stir. Microwave until egg is almost set, 15 to 30 seconds longer.
- Top with cheese. Serve immediately.

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FEEDBACK

I have type 2 diabetes and thankfully have two doctors who believe that diet and exercise can do as much as some of the medications they prescribe. I decided to find a healthy diet that my whole family could enjoy. I found *eatingwell.com*. I have dropped 30 pounds and am on track to lose much more. Your food is delicious, it's flexible and it lowered my blood sugar to normal levels. I eat some carb foods, I eat desserts and I eat the best fresh food you can find. I feel better every day. Deprivation is the worst thing you can do, especially if, like me, food is your go-to vice. I cannot thank you enough! **DEE DEE RIVERS** *via Facebook*

Appreciation for Shrimp

I have been in the restaurant and wholesale food industry for over 45 years. It is particularly good to see another article on sustainable seafood ["Tiny Shrimp, Big Business," May/June]. Please pass on to your readers that there is an easy way to know if they are purchasing a sustainable product: a free app from Monterey Bay Aquarium called "Seafood Watch." This information is always updated and you can do your searching while shopping.

EDY KLANG, *Truckee, CA*

I just got my first issue and opened it up to a really good article about sustainable shrimp. This issue hits home, as I have been a seafood manager at Hy-Vee for over 15 years. I wanted to point out that you can get great shrimp without going online or to Whole Foods. Our Responsible Choice seafood program ensures customers get sustainable and environmentally responsible seafood. I really enjoyed the article, but I couldn't help but think, "Hey, we have been doing this for years and nobody has noticed!"

DENNIS FRAUENHOLZ,
Hy-Vee Seafood Manager, Iowa City, IA

EDITOR'S REPLY: *That's great news. Sorry we weren't able to list all the places to get well-sourced shrimp.*

Nixing Exercise?!

I was flabbergasted when I read "Diet vs. Exercise: Which Is Better for Weight Loss?" in the March/April issue. I have a degree in nutrition and am completing my internship to become a Registered Dietitian. I know how hard it is to get patients to add exercise. The second someone hears there is an easy way out, especially if it involves *no* exercise, they're going to run with it. It is true that as you lose weight, you will burn fewer calories in the same amount of time. However, the more you restrict calories, the more your metabolism slows down, which makes weight loss harder! Exercise speeds up your metabolism, and the combination of exercise and healthy eating leads to weight loss. Parts of this article are true, but the message that the public will take away, that exercise is not necessary to be healthy, is horrifying!

ERIN BOUDREAU *via e-mail*

EDITOR'S REPLY: *You are correct; exercise is important. Being physically active can help you live a longer, healthier life—helping to prevent chronic conditions, such as heart disease, type 2 diabetes and some cancers. However when it comes to weight loss, the research shows that diet can have a bigger impact than exercise.*

Facebook Chatter
"It's breakfast time—somewhere!"
–Susan Howell

BAKED EGGS IN PROSCIUTTO-HASH BROWN CUPS
MARCH/APRIL 2014

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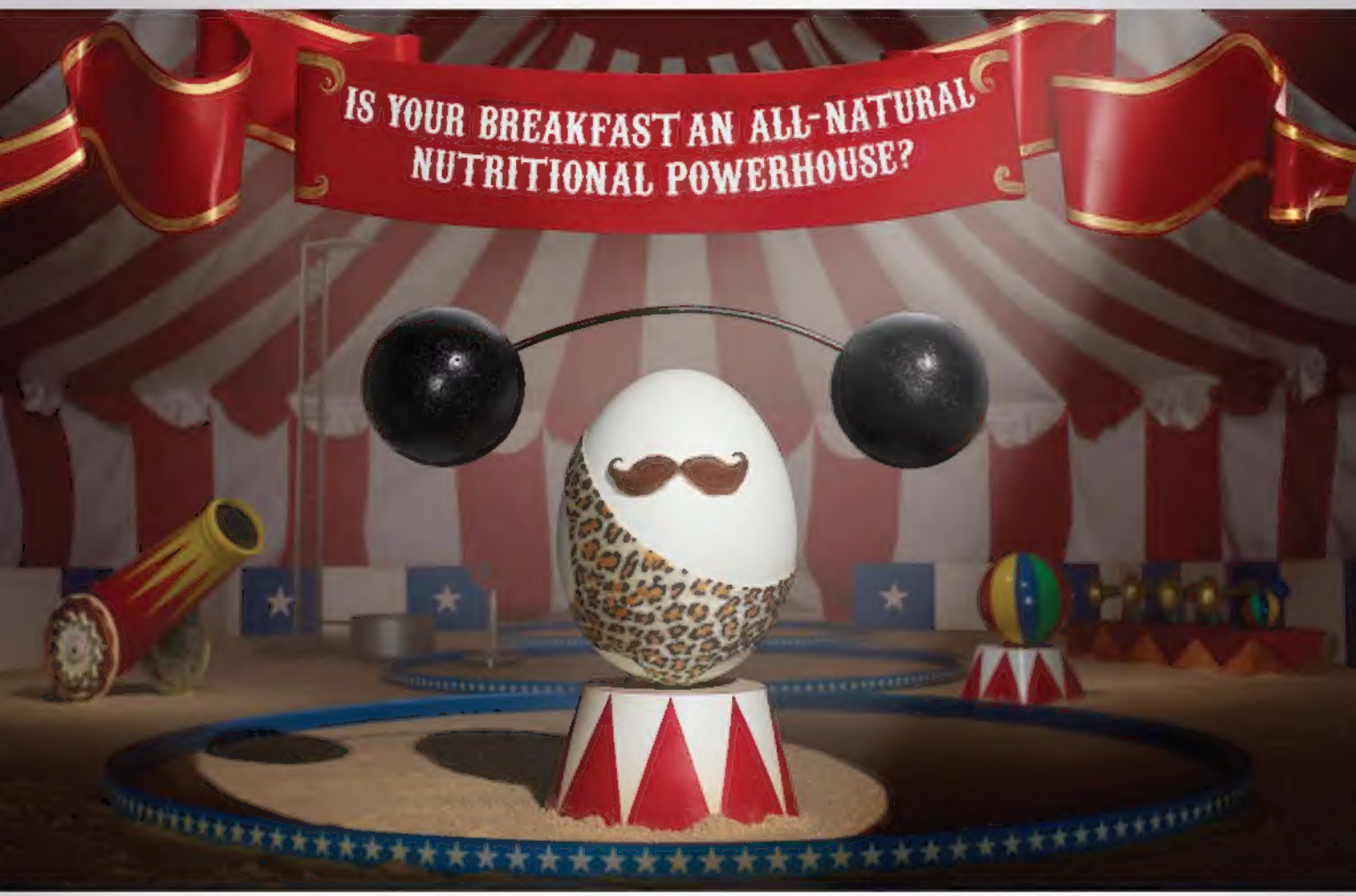

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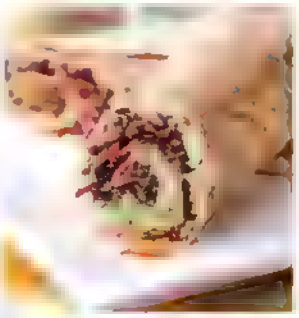

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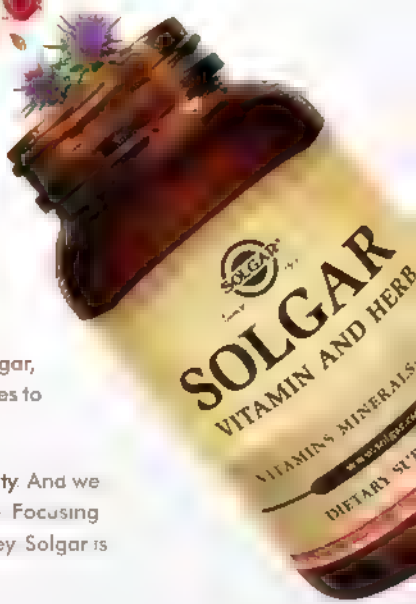

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GMO LABELING: *Should it be mandatory? Two experts weigh in.* // PAGE 16

FRESH

Wonders *of* Watermelon

This fruit does more than cool you off on sizzling summer days: it can also help you get fit

Straight from the fridge, a crisp and dripping-down-your-chin juicy slice of watermelon beats the scorch of a midsummer day. And don't leave watermelon just for the kids. We're mad about this melon for its subtle sweet flavor and juiciness that practically bursts in your mouth, and its benefits match its great taste.

Watermelon is loaded with vitamin C and has almost twice as much lycopene as a tomato. But it's another compound in watermelon and not many other foods (the amino acid citrulline), that research is showing to have its own unique perks. Whether you're an athlete or a casual exerciser, the citrulline found in watermelon may help you work out more intensely and speed up your recovery time. When people drank about 2 cups of watermelon juice before their workout, their muscles were less sore compared to when they were given a pink fruit-flavored drink with the same amount of sugar, according to a small study. The powerful compound can also help relax blood vessels and may be good for your blood pressure (*flip to page 22 for more blood-pressure-lowering foods*)

Go beyond the wedge: Try it in savory dishes like a salad with red onion, basil and balsamic vinegar or as a salsa with diced avocado, scallions and jalapeño. Slurp it up blended in a smoothie with cucumber and lime juice or sip some refreshing sangria with chopped watermelon (*see page 36*). No matter how you choose to enjoy watermelon this season, it just won't feel quite like summer until you're spittin' seeds.

—Lisa D'Agrosa, M.S., R.D.

The largest watermelon on record clocked in at 268.8 pounds. That's a whole lotta melon.

WATERMELON LOVE Get tasty watermelon recipes at eatingwell.com/webextra

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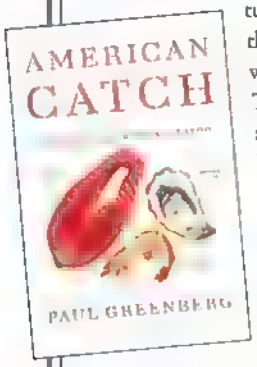
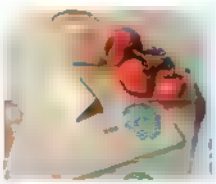
Catch This Book

BOOK REVIEW



As *American Catch* opens, fisheries expert and author Paul Greenberg is diving into the waters of Jamaica Bay, a bay ringed by sewage treatment plants and scores of industrial polluters out by JFK airport in New York. He's hoping to find a wild oyster to help better understand "what the future of the New York oyster might be." In the 1880s, New York City waters teemed with 350 square miles of wild oyster reefs. Today, although individual wild oysters remain, "the reefs are gone," says Greenberg. From the launching point of that murky dive, the book takes us through the history and in turn the prospects of the eastern oyster, the Gulf shrimp and the sockeye salmon of Alaska's Bristol Bay. *American Catch* is essential reading for anyone who wants to know more about the seafood found right here in American waters. And, as with Greenberg's earlier book, *Four Fish*, it's simply wonderful storytelling. —*Jessie Price*

EDITOR'S PICK "Bee's Wrap (*beeswrap.com*) is a smart alternative to plastic wrap. It's made from cotton infused with beeswax, jojoba oil and tree resin. It really clings to everything. The best part: just wash and reuse." —*Gretel H. Schueller, News Editor*



60 minutes

The amount of time it's safe to leave perishable foods, such as pasta salad, barbecued chicken and coleslaw, out when the temperature hits 90 degrees or above. Up to 2 hours is considered safe when it's not as hot. If you plan to picnic outside for longer, pack a cooler with ice to store foods.

Get the recipe for Peas & Ham Pasta Salad at *eatingwell.com/webextra*

Road Trip: Stay-Healthy Snacks

Summer vacation is here and it's time to hit the road. If you didn't pack your own snacks there's good news—many gas stations now carry fresh fruit, cut-up veggies and hard-boiled eggs. When those aren't available, here are some other healthy gas station options. By Lisa D'Agrosa, M.S., R.D.

Fruit popsicles: Most deliver around 100 calories, less than half of what you'll find in a typical candy bar. Even better: go for ones with no added sugar if you can find them.

Beef jerky: Packed with protein to satisfy your snack attack for the rest of your journey, and low in carbs unlike a lot of snack foods. Look for jerky with the least sodium.

Snack bars: Most deliver 200-250 calories, so they're filling and, unlike a bag of trail mix, they're pre-portioned so you won't accidentally eat four servings. Watch out for super-sugary bars. Two healthy favorites made with whole ingredients like nuts and dried fruit are KIND bars and Larabars.

Nuts: Got a salty craving? They are full of healthy fats and deliver protein, both of which help keep your tummy from grumbling later in the trip. Keep portions in check because the calories from nuts can add up quickly.

String Cheese: Skip the "cheesy"-flavored snacks and go for the real deal. These pre-portioned cheese sticks deliver protein, calcium and have less than 100 calories.

DID YOU KNOW
Some snacks sold in small bags deliver 2 or 3 servings per package. So be sure to share with your road-trip buddies.

CLOCKWISE FROM TOP RIGHT: JIM WESTPHALEN; ERIC A. ALLEN; EMILY BLISTEIN

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A strong choice for your family meal, Barilla PLUS® has the same great taste they love, plus 20% of their daily value of protein* Who knew a plate of pasta could make your family feel this good?

Barilla.com/PLUS

*Per 3.5 oz portion. Contains 200mg of ALA per 56g serving, which is 15% of the daily value for ALA (1.3g)

Should GMO Food Labels Be Mandatory?

The GM labeling debate is hot! This spring, Vermont became the first state to pass a no-strings mandatory GMO-labeling law (Connecticut and Maine have passed labeling laws, but they don't go into effect until other requirements are met.) Groups in at least 36 other states have efforts under way to pass state labeling bills. Non-GM labels are one of the fastest-growing label claims in the U.S.; trendsetter Whole Foods Market announced that by 2018 it would require labeling of GM (genetically modified) foods sold in its stores. We asked two leaders in the debate for their take. —*Gretel H. Schueller*

YES. Americans have a right to know what's in our food so that we can all make the best choices. Labeling ingredients, additives and processes is already common practice for us. We know how much fat, sugar and salt our food contains, if our food has been irradiated, whether it is wild or farmed, and even if our orange juice is from concentrate. Yet we still don't have this right, despite the fact that national polls indicate that 93 percent of Americans want to know if our foods contain GM ingredients.

GM-labeling requirements already exist in 64 countries, including some of our trading partners like China and the European Union. Despite industry claims that GM labeling will increase food prices, this hasn't occurred in countries, such as Brazil, that already require labeling.

There are many reasons that citizens want GM labeling. Some are concerned about the lack of long-term, independent testing for health, allergen or environmental impacts. Many are concerned that claimed benefits of GM crops have been subsequently proven false, such as higher yields. In addition, USDA data show that hundreds of millions more pounds of herbicides are being used as a result of GM-crop proliferation. This has led to an explosion of herbicide-tolerant weeds.

Mandatory GM labeling by the FDA is the only way to go, as the system of voluntary labeling has failed. (In 2001, the FDA issued a draft guidance saying companies could voluntarily label foods containing GM ingredients. Not a single company has voluntarily disclosed the use of GM ingredients.) Our nation was founded on the principle of individual liberties, and there is no more basic liberty than the freedom of choice. So why not Just Label It?

Gary Hirshberg, *chairman of both Stonyfield Farm (an organic yogurt company) and Just Label It, a campaign that advocates for the mandatory labeling of GM foods.*

Want GMO-Free?

LOOK FOR THESE LABELS

USDA ORGANIC

NON GMO Project VERIFIED

NO. When my daughter was young, she suffered from an allergy to soy, so I know firsthand the importance of food labels. The FDA requires the mandatory labeling of foods to help ensure consumers have information about the nutritional value, health and safety of a food product or that the composition of a food has been significantly changed.

Hundreds of independent studies have demonstrated the safety of GMO food, and scientific and regulatory authorities around the world agree: GMO foods on the market are as safe and nutritious as their non-GMO counterparts. So absent a food-safety or health risk, what would a mandatory label tell consumers? From my perspective, the answer is an implied warning when consumers have no reason to fear.

Genetic engineering is simply a modern plant-breeding technique that helps to develop new seeds with precision. The technique can help corn better survive drought and Hawaiian papaya resist disease. Humans, pets and livestock have eaten GMOs for almost 20 years, and there is no credible evidence that a safety or health concern exists.

Labeling for the presence or absence of GMO ingredients is best left to the marketplace, where companies use voluntary labels for all sorts of reasons to promote their products over other brands. We see this in grocery stores today, where shoppers can choose products made without GMO ingredients by selecting those labeled "certified organic" or "Non-GMO."

Cathleen Enright, Ph.D., *executive director of the Council for Biotechnology Information (a nonprofit that promotes the benefits of agricultural biotechnology; members include DuPont and Monsanto). She also served on President Obama's Agricultural Policy Committee.*

GMOs in Your Food Today In 2013, 27 countries grew GMOs and even more imported them. In the U.S., GM field corn for oil, syrup, meal and starch; soybeans; canola; cottonseed for oil; and sugar beets for sugar are used in processed foods. In the produce section, you can find GM Hawaiian papaya and small amounts of sweet corn, zucchini and yellow squash. It's estimated that about 75% of processed food in America contains GM ingredients. Roughly 13 new GM crops are in the government review process and a salmon is awaiting USDA approval.

MATT HERRING

IT'S POSSIBLE WITH BARILLA.™

Finally, a whole grain pasta that doesn't taste like the box it came in. With 6 grams of fiber* per serving, Barilla Whole Grain is a meal that's both healthy and delicious. Who knew that pasta this good could also be this good for you?

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*Barilla fiber comes from whole grain, semolina and oat fiber.

LABEL WATCH The gluten-free food market has grown into a $10.5 billion industry in just a few short years. Even though you've seen foods labeled gluten-free, only now is the FDA regulating the term "gluten-free" on packages. The new rule: if a product wants to claim "gluten-free" it has to have less than 20 parts per million (or 0.002%) gluten. This new standard will help people, especially those with celiac disease, know if their food really is gluten-free, as there was previously no nationwide standard. The label is voluntary, so not every gluten-free food will bear the claim. Items not covered by the FDA's rule include meats and some egg products (which fall under the USDA), most alcoholic beverages and restaurant meals. The rule takes effect this August.

SHOPSMART by Lisa D'Agrosa, M.S., R.D.

It's a Wrap... No, a Tortilla!

It doesn't really matter what you call them: wraps and flour tortillas are essentially one and the same—both made with flour, water, oil and salt. Regardless of how these bread-alternatives are labeled, here's what you need to know before you shop.

Choose Whole-Wheat: Pick a wrap with whole-wheat flour listed as the first ingredient for a nutrient and fiber boost. Don't be fooled by brightly colored spinach and tomato wraps—there's no real vegetable bonus to speak of and they're often colored with artificial dyes.

Two-for-One: Some wraps are so big that one wrap is actually two servings. If you're counting calories, check the serving size so you know what you're getting.

Ingredients to Avoid: Shortening, which is made with hydrogenated or partially hydrogenated oils, is still a main fat source in lots of wraps, so read your labels carefully.

Faux Fiber: Wraps touted as low-carb or high-fiber often add fiber powders like inulin and oat fiber—and it's unclear whether they have the same health benefits as fibers found in whole foods. (Also, they sometimes lend an undesirable chewy texture or bitter flavor.)

Keep an Eye Out: Wraps can be near the deli, with Mexican foods or next to cheese in the dairy case. You may need to search a little for the healthiest ones!

Brands We Like: Maria and Ricardo's Whole Wheat Tortillas, Trader Joe's Handmade 100% Whole Wheat Flour Tortillas, Food For Life Ezekiel 4:9 Sprouted Grain Tortillas

Numbers to Look For

Serving Size	varies
Amount Per Serving	
Fiber	≥ 3 g
Sodium	≤ 350 mg

PET NUTRITION

Are unusual meats in pet food—like duck—better for my pet?

Venison, kangaroo, alligator, duck, rabbit, bison and even eel—these are all trendy exotic meats you may be seeing in pet foods. At the same time, it seems more common proteins like chicken, tuna and beef have earned a bad rep. Pet owners often buy foods containing exotic meats because they believe their pet suffers from a food allergy or they think that these more unusual meats may be "easier to digest."

Yet food allergies are actually pretty uncommon in pets—less than 1% of pets suffer from a real food allergy. Most gastrointestinal and skin issues are actually due to other factors in the diet, such as too much fat or not enough fiber—or they are caused by environmental allergens, such as pollen. In addition, there's no science to show that exotic meats are easier to digest than more common proteins.

BOTTOM LINE: Exotic meats can be expensive and are no more nutritious than conventional meats. If you think your pet has GI issues or an allergy, talk with your vet; diagnosing a food allergy requires feeding a specific diet that warrants vet supervision. If your pet does have a food allergy, you'll need to feed your pet a protein it's never eaten before—and that's when exotic meats can be helpful.

Cailin R. Heinze, VMD, MS, DACVN, Assistant Professor, Clinical Nutrition Service, Cummings School of Veterinary Medicine at Tufts University

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Naturally, she'll love you for it

Why feed your dog Wellness? Well, unlike some brands, our food is made with real meats, fruits and veggies – with no fillers, meat by-product meals or artificial preservatives. Because they deserve it.

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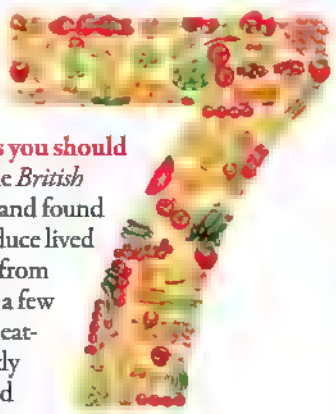
Yes or No: Oil Pulling

NATURAL BEAUTY

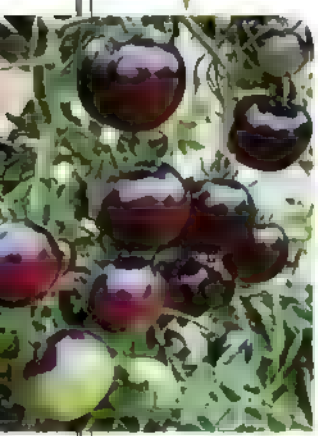
[illegible] that seems to be making a comeback—oil pulling. It involves slowly swishing about a tablespoon of oil around your mouth for about 15 minutes. It's said to brighten your smile, rid your body of toxins and cure an assortment of ailments from clogged sinuses to digestive issues. But is this Ayurvedic practice all it's cracked up to be? Studies did find it may be effective for reducing bad breath and helping remove plaque on teeth. Unfortunately, most of the other purported benefits haven't been researched, so the jury's still out.

The most commonly used oils for pulling are coconut and sesame.

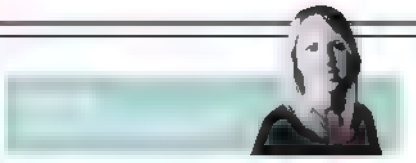


The number of fruits and vegetable servings you should eat daily for better health. Research out of the *British Medical Journal* looked at over 65,000 people and found those eating 7 servings per day or more of produce lived longer and significantly cut their risk of dying from cancer and from heart disease. People who ate a few servings of produce were better off than those eating next to nothing, and vegetables were slightly more protective than fruits. For most fruits and vegetables, one serving counts as 1 cup sliced or chopped (for raw salad greens it's 2 cups).

Name This Funky Fruit



In 2012, this purple beauty, the Indigo Rose, debuted as the world's healthiest tomato. Although it tastes as delicious as its red relatives, its color comes from pumped-up levels of anthocyanins, disease-fighting antioxidants that may help reduce the risk of certain types of cancers and heart disease. (It also contains healthy lycopene in amounts similar to other tomatoes.) Anthocyanins can be found in wild tomatoes, but this is the first commercially available variety to boast such a high dose. Horticulturists at Oregon State University bred the non-GMO plant by crossing wild species. You may find purple tomatoes at your farmers' market. Or grow your own with organic seeds from Johnny's (*johnnyseeds.com*), High Mowing (*highmowingseeds.com*) and others. —*G.H.S.*



Q. Is thin the only way to be healthy?

A. Whether it is possible to be healthy and heavy has been an ongoing debate among health professionals. And for a while the research seemed to favor being fat *and* healthy. Last year, for example, a review study of nearly 100 studies, published in the *Journal of the American Medical Association*, looked at close to 3 million people and found that people who are overweight (defined as a BMI of 25 to 29.9) live longer than normal-weight folks. (Obese people, however, didn't have a lower risk of premature death.)

But newer research may be turning the tide. A study published in April in the *Journal of the American College of Cardiology* looked at 14,828 adults with no known heart disease and found those who had a BMI of over 25 had more early plaque buildup in their arteries than normal-weight adults, putting them at risk for heart disease.

Just because you're thin, though, doesn't mean you're healthy. Research shows being "skinny fat" (i.e., your BMI is in the normal range, but you have high levels of body fat) ups your risk of metabolic syndrome and diabetes and shortens your lifespan. Plus, you don't want to be too thin: a study published in March said underweight adults have a higher risk of dying sooner than normal-weight people—and an even slightly higher risk than obese people.

BOTTOM LINE: Despite the research focus on BMI, look beyond that number. Carrying fat around your midsection is more dangerous than anywhere else on your body. A larger waist (for women >35 inches and for men >40 inches) puts you at a higher risk for health problems—such as heart disease, cancer—and death. So aim to keep your waistline trim. For that, the best "medicine" is eating well and being active.

Send your nutrition questions to Nutrition Editor **Brierley Wright**, M.S., R.D., at *askus@eatingwell.com*

CLOCKWISE FROM TOP LEFT: © WORLDINMYEYES.PL SHUTTERSTOCK; ERICA ALLEN FOUR EASY LOCK HOUSE PLANTS © ERIN B. SHUTTERSTOCK

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quinoa

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Eat These Foods for Lower Blood Pressure

Two out of three Americans over age 60 have hypertension (BP ≥ 140/90), which puts them at risk for health problems like heart disease or stroke. Always check with your doctor first, then try these foods to naturally reduce blood pressure. By Lindsay Westley

BEETS

Don't just eat 'em, drink 'em too. When people with high blood pressure drank 8 ounces of beet juice, their blood pressure dipped an average of 10 points for up to 24 hours afterwards, notes a study published in *Hypertension*. While this study was relatively small (and beet's long-term effects on blood pressure weren't studied), research suggests that eating nitrate-rich foods like beets and green leafy vegetables could help people with hypertension by widening blood vessels and aiding blood flow.

Besides sipping beet juice, **slice and roast beets** to top a salad with goat cheese.

WALNUTS

Research in the *Journal of the American College of Nutrition* now suggests walnuts, long touted as healthy, may lower blood pressure. When adults ate about ½ cup of walnuts daily for four months, they had better blood flow, lower blood pressure and smaller waists. Plus, they didn't gain weight even though they added over 350 calories of walnuts daily. Walnuts deliver healthy fats, magnesium and fiber, which may be the reason they're good for BP.

They're yummy solo or **try subbing walnuts for pine nuts in pesto.**

FLAXSEED

Eating 3 tablespoons of these nutty seeds daily for 6 months helped people with hypertension lower their blood pressure by an average of 10 percent, says a study published in the journal *Hypertension*. People who didn't eat flaxseed saw no change or even a slight increase. Researchers believe the anti-inflammatory effect of the omega-3 fats in combination with lignans (a phytoestrogen) and fiber may be the reason flax is good for blood pressure.

TRY IT! **Sprinkle ground flaxseeds** into your yogurt, smoothie or homemade granola.

35 Number of minutes you need to work out every day to lower your risk of high blood pressure by 19%.

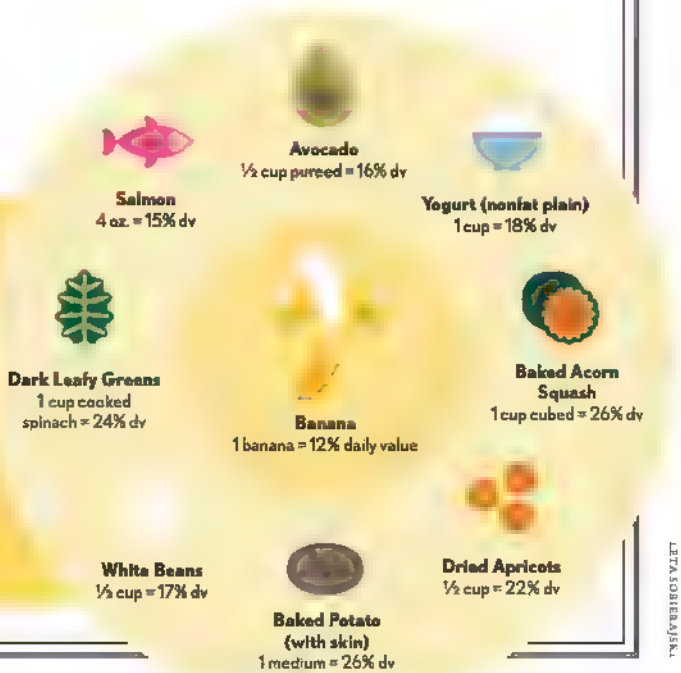
Go meatless. Vegetarians had lower blood pressure compared to omnivores by an average of 7 points diastolic (the top number) and 5 points systolic in a *JAMA Internal Medicine* review.

Put a ring on it! Married couples experienced lower dips in blood pressure readings overnight than single people, according to a new study in *the Journal of Hypertension*. Researchers chalk the drop up to better social support or the tendency for married couples to have better overall health

LOOK BEYOND THE BANANA:

8 Potassium-Rich Foods to Eat

Foods like bananas that are rich in potassium *do* help ward off muscle cramps. Potassium also plays a vital role in keeping your ticker healthy and your blood pressure in a healthy range. That's because potassium helps counteract the blood pressure-raising effect of sodium. But bananas aren't the only potassium superstar. These eight foods deliver even more potassium per serving.



LETA SOBIERAJSKA

I GOT
MY KID FRIES AND
ONLY STOLE TWO
#TINYWIN
Crystal Light
Crystal Light
FRUIT PUNCH
Crystal Light
RIGHT DIRECTION

Remembrance of Things Lost

A taste of a cherished childhood food can unlock an emotional rush of memories

By Diane Goodman

I put a small piece of graham cracker on the tip of DJ's tongue and rubbed her shoulder while it dissolved. Her eyes closed and I closed mine, willing the flavor to spawn wings, to travel back through what was left of her mind and attach itself to something she could remember...

DJ was one of the residents in the memory-care community where I used to work. Everyone who lives there has some sort of dementia. DJ's was profound yet she still had access to her manners and to some language; when she opened her eyes and saw me, she said, "Thank you, darling" in a soft Southern drawl that contained all the loveliness and charm that has belonged to her for over 90 years. Then she uttered a series of short whispery hoots that made her sound like a happy baby owl, took my hand to her lips and wept.

That happened every day, every time I gave her a graham cracker. Her reaction, one she did not have to any other food, even other sorts of cookies or crackers, convinced me that the unique semisweet amalgam that is a graham cracker—brown sugar, vanilla, a bit of cinnamon, the unquestionable flavor of graham flour—must have unleashed something inside her, some vague sliver from her past.

Science has not yet revealed the full mystery of the human mind, but there is a great deal of evidence supporting the powerful connection between memory and the senses. Multiple MRI studies of the brain have shown that familiar tastes or smells will instantaneously activate the "emotional brain," the primal area of our brain responsible for memory and feelings. And we see evidence of the bond between tastes and smells and our memories every time a certain flavor or aroma suddenly transports us back to childhood. That bond can be overwhelmingly powerful. Inspired by that same effect, Marcel Proust, after all, wrote volumes.

In DJ, I saw what I hoped was some small version of what happens inside my brain when taste and memory collide. Every time the memory-care center's cook—a handsome, über-talented guy who was good enough to helm a five-star restaurant—made his marinara, first the smell and then the taste spontaneously returned me to my childhood and this vision: my mother standing at our small stove in her plaid bikini making spaghetti sauce on a hot Sunday afternoon. A young divorcée in the days when I didn't know any other mothers who were single or had to work, she hardly ever cooked but once in a while, on her day off, she'd take a break from sunbathing and whip up a batch of sauce that we would eat together, in various incarnations, for the next full week. A wooden spoon in one hand, scotch on the rocks in the other, she'd be swaying and singing along to a Robert Goulet record, lost somewhere in her own private reverie, oblivious to the tiny boiling spurts of oily sauce popping out of the pot and landing on her bare arms.

Is this recollection accurate or a reconstruction, something I've created because I need an image to embody my emotions? I don't know, but it doesn't matter because the feelings are real. Every time I remember this, I cry. I don't necessarily feel sad; it's more that I am just overcome by these big emotions, and crying is my natural response.

That is why DJ's weeping never alarmed me: her tears were one of the few remaining ways she had to express her feelings. Who can say for certain whether simple things—like the taste of a graham cracker you loved as a child—can provoke a memory in the mind of a person whose mind seems all but gone? Perhaps no one, at least not yet. But I believe what I saw was some dormant fragment of her past brought back to life through taste, triggering a recollection that for a split second produced the deepest kind of satisfaction. And it made me want to hoot.

STEPHAN E. WUNDERLICH

DIANE GOODMAN *is a writer and a caterer in Phoenix, Arizona. Her most recent collection of short stories is* Party Girls.

A BROWN RICE Triscuit with SWEET POTATO?
YOU BETTER BELIEVE IT.
RETHINK WHAT YOU THINK ABOUT TRISCUIT.
BROWN RICE
Sweet Potato
Triscuit
BROWN RICE
Sweet Potat
Contains wheat.
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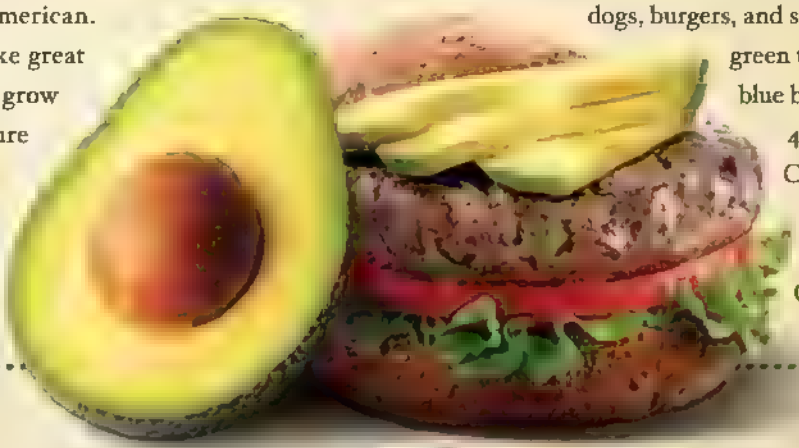

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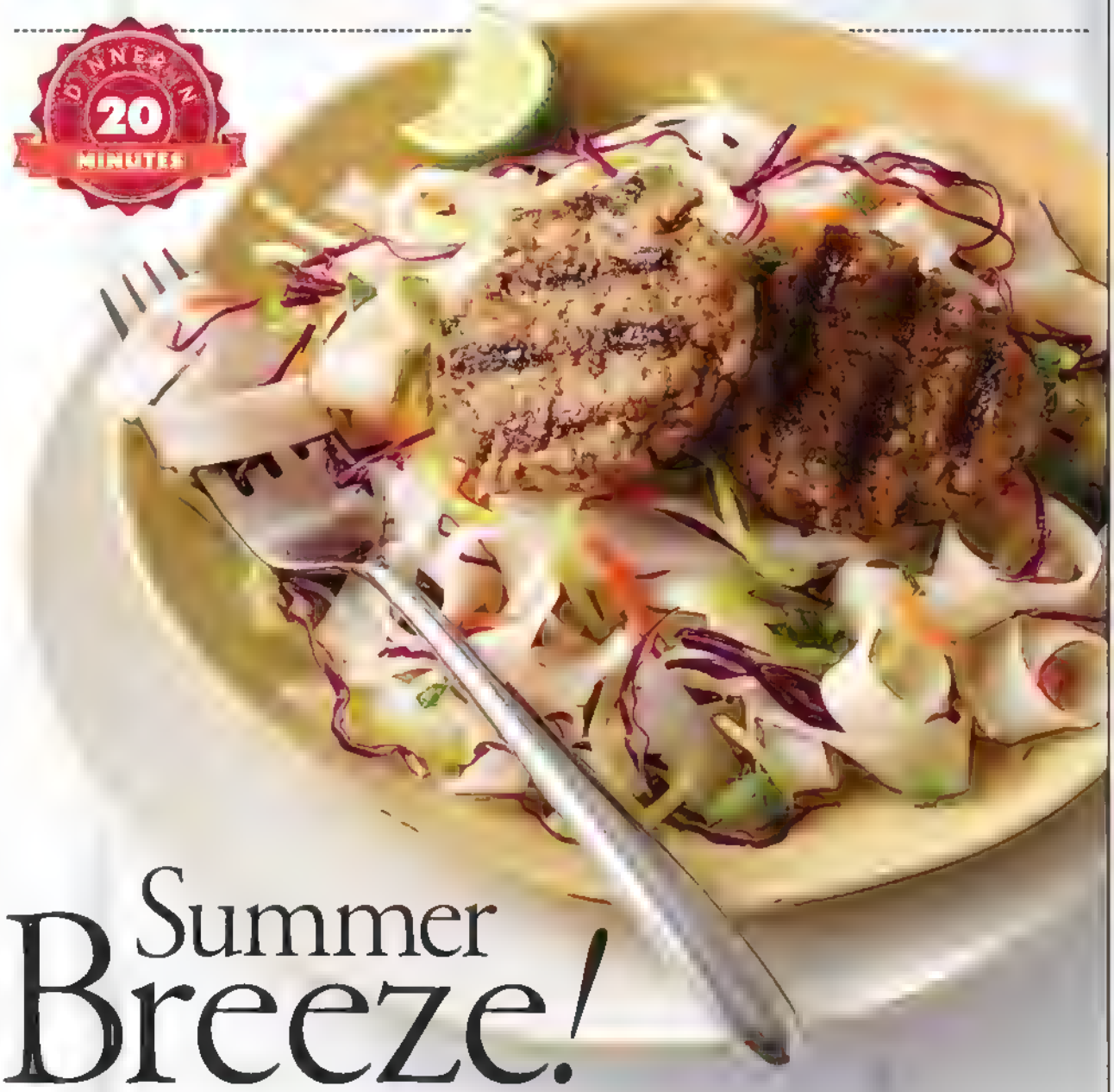
WEEKNIGHTS



Summer Breeze!

Easy 20-minute meals that won't keep you in the kitchen for long

Perhaps you are more trusting and optimistic than I am, but when I see a claim like "20-minute meals" my first thought is, "Oh yeah, 20 minutes for who?" I need to see it to believe it. So I invited myself into the Test Kitchen while the team was testing the Southwestern Steak Salad recipe. It didn't look like they did anything I couldn't have done, which gave me confidence in their timing claim. Upbeat tunes helped to set the pace, and the aroma of broiling steak got me in the mood to eat. When the timer went off as the steak took its place atop tangy-dressed romaine, fresh corn, diced avocado and tomatoes, I was reaching for a plate.

Here are some of the tips I picked up from the Test Kitchen: Start at the market by shopping smart. Buy shredded Mexican cheese blend for the steak salad, containers of prewashed arugula for the tuna-stuffed tomatoes and a bag of broccoli slaw for Pork & Broccoli Thai Noodle Salad (*above*). Store-bought ingredients like sweet red chili sauce and pesto are flavor shortcuts that save time too. Before you start cooking get out all your tools and ingredients. There's no shame in shortcuts: with these recipes, I can crank up the music, dance through dinner prep and serve something delicious in 20 minutes. —**Wendy Ruopp**

PETER ARD TOI STYLING LIZ NEILY (FOOD) CAREY NEKHI PROPS

◀ PHOTO ON PREVIOUS PAGE

PORK & BROCCOLI THAI NOODLE SALAD

ACTIVE: 20 MIN **TOTAL:** 20 MIN

Crunchy broccoli slaw—available in most supermarkets near the other coleslaw mixes—is the secret to making these sweet Thai chile noodles super-fast. If you have the time and want to make your own broccoli slaw, shred broccoli stems through the large holes of a box grater

- 8 ounces wide rice noodles *(see Tip, below)*
- 1 pound lean ground pork *(see Tip, page 97)*
- 2 tablespoons chopped fresh mint, divided
- 6 teaspoons fish sauce, divided
- 2 tablespoons sweet red chili sauce
- 2 tablespoons lime juice
- 1 tablespoon toasted sesame oil
- 1 12-ounce bag broccoli slaw
- Lime wedges for serving

1. Bring 5 cups water to a boil in a large pot over high heat. Add noodles and cook, stirring frequently, until just tender, 4 to 6 minutes, or according to package directions. Drain, rinse well with cold water and let stand in the colander to drain.

2. Meanwhile, combine pork, 1 tablespoon mint and 2 teaspoons fish sauce in a bowl. Form the mixture into eight 3-inch patties.

3. Heat a large grill pan or cast-iron skillet over medium-high heat. Coat with cooking spray, add the patties, partially cover and cook for 3 minutes. Turn over and cook for 3 minutes, then turn back over and cook on the first side again until cooked through, 1 to 2 minutes more.

4. Combine the remaining 4 teaspoons fish sauce, chili sauce, lime juice and sesame oil in a large bowl. Add the rice noodles and broccoli slaw and gently toss until well combined. Serve the pork patties on the noodles, sprinkled with the remaining 1 tablespoon mint. Serve with lime wedges, if desired.

SERVES 4: 2 PATTIES & 1¾ CUPS NOODLES EACH
Calories 428, **Fat** 10g (sat 3g), **Cholesterol** 66mg, **Carbs** 61g, **Total sugars** 5g (added 5g), **Protein** 25g, **Fiber** 3g, **Sodium** 798mg, **Potassium** 522mg.

TIP: Look for dried wide rice noodles, sometimes called "Pad Thai noodles" or "straight-cut," in the Asian-food section of most supermarkets and natural-foods stores.

POACHED COD & GREEN BEANS WITH PESTO

ACTIVE: 20 MIN **TOTAL:** 20 MIN

Using just one skillet, we poach cod right on top of fresh beans and use the same pan to make a flavorful sauce. The result is perfectly flaky fish, tender-crisp vegetables, a savory pan sauce and very little cleanup.

- 1 tablespoon extra-virgin olive oil
- 1 pound green *and/or* yellow wax beans, trimmed
- ¾ cup thinly sliced shallot
- 1¼ pounds cod *(see Tip, below)*, cut into 4 portions
- ¼ teaspoon salt
- ¼ teaspoon freshly ground pepper
- 1½ cups low-sodium chicken broth *or* "no-chicken" broth
- ¼ cup prepared pesto
- Lemon wedges for serving

1. Heat oil in a large skillet over medium-high heat. Add beans and shallot and cook, stirring occasionally, until the shallot starts to soften, 1 to 2 minutes.

2. Sprinkle both sides of cod with salt and pepper. Spread the beans into a flat layer in the pan and gently place the cod on top. Increase heat to high, add broth, cover and cook until the fish is just cooked through, 4 to 6 minutes.

3. With a slotted spoon, transfer the cod and beans to a large serving plate or divide among 4 dinner plates, cover to keep warm. Cook the broth over high heat, uncovered, until reduced to about ½ cup, about 5 minutes. Remove from heat and stir in pesto. Pour the sauce over the fish and beans and serve with lemon wedges, if desired.

SERVES 4: 4 OZ COD, 1¼ CUPS BEANS & 2 TBSP SAUCE EACH
Calories 264, **Fat** 12g (sat 3g), **Cholesterol** 61mg, **Carbs** 15g, **Total sugars** 5g (added 0g), **Protein** 26g, **Fiber** 4g, **Sodium** 371mg, **Potassium** 747mg.

TIP: Wild-caught U.S. Pacific cod or Atlantic cod from Iceland and the northeast Arctic are all sustainable choices. Visit *seafoodwatch.org* for more information.

EASY 1-WEEK DINNER PLANS with shopping lists at eatingwell.com/webextra

"Franklin's 'big name' dog food thinks it's okay to use chicken by-product meal.

So I switched him to BLUE."

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TUNA SALAD-STUFFED TOMATOES WITH ARUGULA

ACTIVE: 20 MIN **TOTAL:** 20 MIN

The tuna in this great-looking stuffed tomato isn't your typical mayo-based affair. The sherry vinaigrette does double duty. It adds fresh flavor to the tuna filling and dresses the baby arugula and white bean salad.

- 3 tablespoons extra-virgin olive oil
- 3 tablespoons sherry vinegar
- ¼ teaspoon salt
- ¼ teaspoon freshly ground pepper
- 4 large tomatoes
- 2 5-ounce cans chunk light tuna in olive oil, drained
- ⅓ cup chopped celery
- ¼ cup finely chopped red onion
- ¼ cup chopped Kalamata olives
- 1 teaspoon dried thyme
- 1 15-ounce can great northern beans, rinsed
- 8 cups baby arugula

1. Whisk oil, vinegar, salt and pepper in a medium bowl. Transfer 3 tablespoons of the dressing to a large bowl and set aside.

2. Slice enough off the top of each tomato to remove the core (½ to 1 inch). Chop enough of the tops to equal ½ cup and add to the medium bowl. Scoop out the tomato pulp using a teaspoon or melon baller. (Discard the pulp or save for another use.)

3. Add tuna, celery, onion, olives and thyme to the medium bowl; gently toss to combine. Fill the hollowed tomatoes with the tuna mixture.

4. Add beans and arugula to the dressing in the large bowl and toss to combine. Divide the salad among 4 plates and top each with a stuffed tomato.

SERVES 4: 1 TOMATO, ⅓ CUP FILLING & 1¾ CUPS ARUGULA SALAD EACH

Calories 353, **Fat** 18g (sat 2g) **Cholesterol** 7mg, **Carbs** 30g, **Total sugars** 9g (added 0g), **Protein** 20g, **Fiber** 11g, **Sodium** 476mg, **Potassium** 878mg.

EDITOR'S PICK

"My kitchen tools need to multitask, so I use a melon baller like this stainless-steel one from Crate & Barrel to hollow out fresh summer tomatoes for stuffing (and balling melons, of course!)."

Hilary Meyer
Associate Food Editor

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SOUTHWESTERN STEAK SALAD

ACTIVE: 20 MIN **TOTAL:** 20 MIN

As loaded as this steak salad is with fresh summer corn, ripe tomatoes and silky avocados, it's hard to imagine it can be whipped up so quickly. But while the steak is under the broiler, you'll have plenty of time to whisk together the lightened-up creamy chipotle dressing and assemble the rest of the salad.

- 1 pound flank steak, trimmed
- 1½ teaspoons ground cumin
- ¾ teaspoon salt, divided
- ¼ teaspoon freshly ground pepper
- 6 tablespoons reduced-fat sour cream
- 2 tablespoons extra-virgin olive oil
- 2 tablespoons white vinegar
- 1-2 tablespoons minced chipotle peppers in adobo sauce *(see Tip, below)*
- 6 cups sliced romaine lettuce
- 1½ cups corn kernels, fresh or frozen
- 1 firm ripe avocado, diced
- 2 medium tomatoes, cut into wedges
- ½ cup shredded Mexican cheese blend

1. Position oven rack about 3 inches from heat source; preheat broiler to high. Coat a broiler-safe pan with cooking spray.

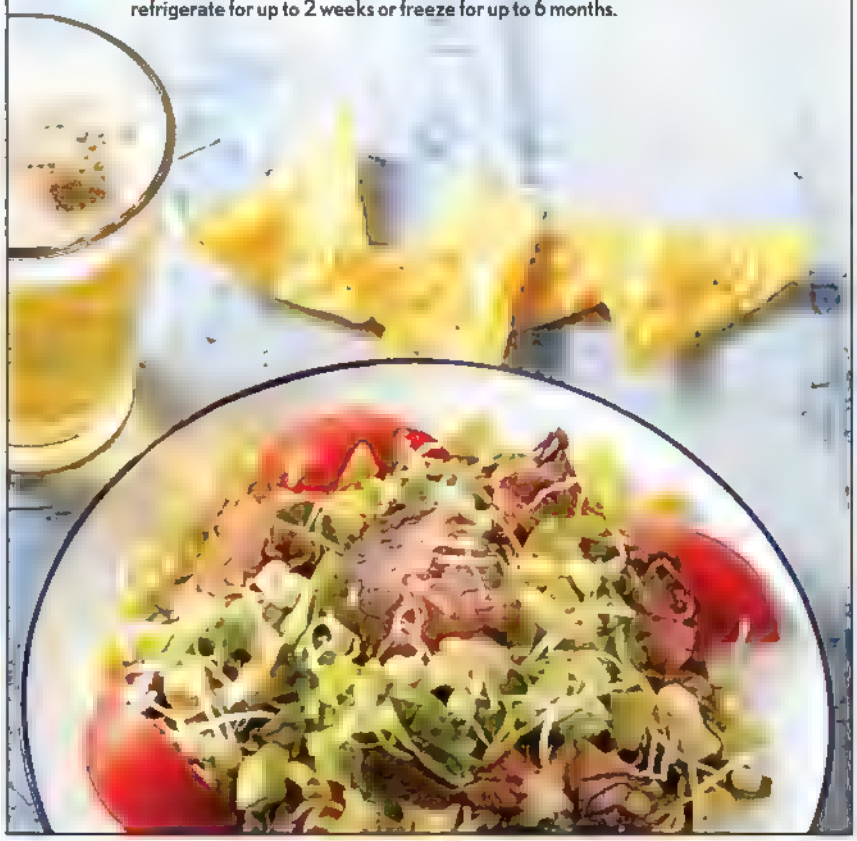
2. Sprinkle steak with cumin, ½ teaspoon salt and pepper. Place on the prepared pan and broil, turning once, until an instant-read thermometer inserted in the thickest part registers 125°-130°F for medium-rare, 3 to 6 minutes per side. Let rest for 5 minutes. Thinly slice across the grain, then chop into bite-size pieces.

3. Meanwhile, whisk sour cream, oil, vinegar, chipotles to taste and the remaining ¼ teaspoon salt in a large bowl. Transfer 4 tablespoons of the dressing to a small bowl. Add romaine, corn and avocado to the large bowl; toss to coat. Divide the salad and tomato wedges among 4 plates. Top each with cheese, the chopped steak and 1 tablespoon of the reserved dressing.

SERVES 4: ABOUT 2 CUPS SALAD EACH

Calories 456, **Fat** 28g (sat 9g), **Cholesterol** 92mg, **Carbs** 20g, **Total sugars** 6g (added 0g), **Protein** 33g, **Fiber** 7g, **Sodium** 655mg, **Potassium** 1,130mg

TIP: Look for small cans of smoky chipotle peppers in adobo sauce near other Mexican ingredients in well-stocked supermarkets. Once opened, refrigerate for up to 2 weeks or freeze for up to 6 months.



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MOZZARELLA, BASIL & ZUCCHINI FRITTATA

ACTIVE: 20 MIN. **TOTAL:** 20 MIN.

A vegetable-studded frittata—essentially an unfolded omelet—is one of the quickest dishes you can make. Make it a meal with a tossed salad and a slice of olive oil-drizzled crusty baguette.

- 2 tablespoons extra-virgin olive oil
- 1½ cups thinly sliced red onion
- 1½ cups chopped zucchini
- 7 large eggs, beaten
- ½ teaspoon salt
- ¼ teaspoon freshly ground pepper
- ⅔ cup pearl-size *or* baby fresh mozzarella balls (about 4 ounces)
- 3 tablespoons chopped soft sun-dried tomatoes
- ¼ cup thinly sliced fresh basil

1. Position rack in upper third of oven; preheat broiler.

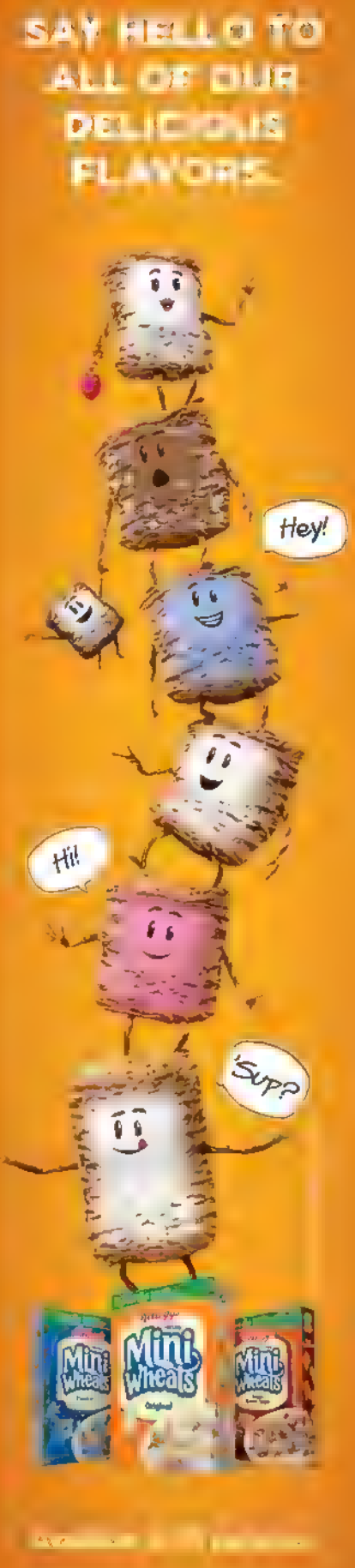
2. Heat oil in a large broiler-safe nonstick or cast-iron skillet over medium-high heat. Add onion and zucchini and cook, stirring frequently, until soft, 3 to 5 minutes.

3. Meanwhile, whisk eggs, salt and pepper in a bowl. Pour the eggs over the vegetables in the pan. Cook, lifting the edges to allow uncooked egg from the middle to flow underneath, until nearly set, about 2 minutes. Arrange mozzarella and sun-dried tomatoes on top and place the skillet under the broiler until the eggs are slightly browned, 1½ to 2 minutes. Let stand for 3 minutes. Top with basil.

4. To release the frittata from the pan, run a spatula around the edge, then underneath, until you can slide or lift it out onto a cutting board or serving plate. Cut into 4 slices and serve.

SERVES 4 1 SLICE EACH

Calories 292, **Fat** 21g (sat 7g), **Cholesterol** 346mg, **Carbs** 8g, **Total sugars** 4g (added 0g), **Protein** 18g, **Fiber** 2g, **Sodium** 513mg, **Potassium** 408mg.



SEE IT, MAKE IT

Watermelon Rosé
Combine & chill:
¼ cup elderflower liqueur, such as St. Germain
3 cups cubed watermelon
½ cup coarsely chopped fresh mint leaves
Before serving, stir in:
1 (750-mL) bottle sparkling rosé, chilled
Berry
Combine & chill:
1 (750-mL) bottle Vinho Verde
1 cup Sauternes or ice wine
1 cup blueberries
1 cup sliced strawberries
1 star fruit, sliced
Before serving, stir in:
1 cup chilled plain seltzer
Cucumber & Melon
Combine & chill:
1 (750-mL) bottle Gewürztraminer, dry Riesling or Sauvignon Blanc
½ cup dry vermouth
2 cups sliced honeydew melon
1 cup sliced cucumber
½ cup torn fresh basil leaves
Before serving, stir in:
1 cup chilled plain seltzer

ANDREW SULLIVAN, STYLING; MARTHA TINSLEY, FOOD; JOJO ISONG, PROPS

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For nutrition analysis, turn to the recipe index on page 98.

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IN SEASON

OKRA

Four recipes that will have you singing ooh-la-la okra!

Power of the Pods

When I was a child, my grandparents in Georgia had a summer vegetable garden that was surrounded by towering okra plants. Midsummer, delicate papier-mâché-like yellow flowers would unfurl for an afternoon, only to fall away the next day, leaving tender, pale green, lightly fuzzed okra pods in their place.

Brought with West African slaves, okra now thrives in the hot Southern climate and is a signature part of the regional cuisine. Like many Southerners, I grew up eating okra and fall into the camp of folks who adore it. Naysayers just haven't had the right okra, I think. It's true that it can have a bit of a slippery texture, but the main trick is to not overcook it. When okra is cooked to just tender, such as when it's grilled with hot peppers, it is crunchy and crispy. Or when okra is cooked with an acid—a bit of tomato or a splash of wine—the result is tender but not mushy, as in a classic gumbo or in my Southern Ratatouille.

Tasting a few of these dishes is sure to please fans *and* persuade some of the okra-fearful. And its strong nutritional bona fides should make everyone happy. This potent pod is low in calories—just 35 per cup—and delivers a healthy dose of vitamin K (necessary for blood clotting and perhaps improved bone health) as well as respectable amounts of vitamins C and A and fiber.

Even if you're not already an okra lover, take it from a Southerner and give a few of these recipes a try. Y'all won't be disappointed. —**Virginia Willis**

PETER ARD TO STYLING LIZ NEELY FOOD LAREE NERST | PROPS:

GRILLED OKRA & HOT PEPPERS

ACTIVE: 20 MIN **TOTAL:** 20 MIN
EQUIPMENT: Grill basket

The fire of the grill creates a tender texture while infusing the okra with subtle heat. You can adjust the level of spiciness in this dish by choosing chiles that are either tame, incendiary or anywhere in between.

- 1 pound okra, stem ends trimmed
- 2 fresh chile peppers, sliced ¼ inch thick
- 1 tablespoon extra-virgin olive oil
- ½ teaspoon salt
- ¼ teaspoon freshly ground pepper

1. Place a grill basket on the grill and preheat on high for 10 minutes. (Or position oven rack 5 inches from heat source; preheat broiler to high.)
2. Combine okra, peppers, oil, salt and pepper in a large bowl. Transfer to the grill basket (or to a rimmed baking sheet).
3. Grill (or broil) until the okra is bright green and just tender, stirring occasionally, 8 to 10 minutes.

SERVES 4: ABOUT 1 CUP EACH
Calories 71, **Fat** 4g (sat 1g), **Cholesterol** 0mg, **Carbs** 9g, **Total sugars** 2g (added 0g), **Protein** 2g, **Fiber** 4g, **Sodium** 299mg, **Potassium** 358mg

BLACK-EYED PEAS & OKRA

ACTIVE: 15 MIN **TOTAL:** 50 MIN

This bean and okra pairing is a classic Southern dish. Adding the okra toward the end of cooking guarantees a tender—not mushy—texture.

- 1 tablespoon extra-virgin olive oil
- 1 medium onion, coarsely chopped
- 1 large clove garlic, finely chopped
- 3 cups low-sodium chicken broth
- 2 small bay leaves, preferably fresh
- 2 cups black-eyed peas, fresh *or* frozen (thawed)
- 1 pound fresh okra, stem ends trimmed, cut into 1-inch pieces
- ½ teaspoon salt
- ½ teaspoon freshly ground pepper
- ¼ teaspoon cayenne pepper, or to taste

1. Heat oil in a large saucepan over medium heat. Add onion, cook, stirring, 3 to 5 minutes. Add garlic; cook 1 minute. Add broth and bay leaves; bring to a boil. Stir in peas.
2. Reduce heat; simmer, stirring occasionally, for 20 minutes. Add okra, salt, pepper and cayenne. Simmer until tender, about 15 minutes.

SERVES 6 ABOUT ¾ CUP EACH
Calories 154, **Fat** 4g (sat 1g), **Cholesterol** 0mg, **Carbs** 24g, **Total sugars** 2g (added 0g), **Protein** 9g, **Fiber** 6g, **Sodium** 249mg, **Potassium** 362mg.

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SOUTHERN RATATOUILLE

ACTIVE: 25 MIN **TOTAL:** 40 MIN

TO MAKE AHEAD: Cover and refrigerate for up to 3 days.

Adding okra to traditional ratatouille gives this French stew Southern flair. It's delicious on the day it's cooked, but even better the next day. Serve as a side to grilled chicken or on top of thick, crusty bread.

- 1 tablespoon extra-virgin olive oil
- 2 small zucchini, sliced ½ inch thick
- 1 eggplant (about 1 pound), cut into 1-inch cubes
- 1 medium onion, chopped
- 1 small poblano pepper, chopped
- ½ red bell pepper, chopped
- 1 pound okra, stem ends trimmed
- 3 large tomatoes, seeded *(see Tip, page 97)* and chopped
- ¾ cup water
- 1 teaspoon chopped fresh thyme or ½ teaspoon dried
- 1 teaspoon salt
- ½ teaspoon freshly ground pepper
- 2 cloves garlic, finely chopped
- ½ cup chopped fresh basil

1. Heat oil in a large pot over high heat. Add zucchini, eggplant, onion, poblano and bell pepper. Cook, stirring often, until the vegetables are seared and starting to soften, about 5 minutes. Stir in okra, tomatoes, water, thyme, salt and pepper; bring to a boil.

2. Reduce heat to maintain a low simmer; partially cover and simmer, stirring often, until the vegetables are tender, 15 to 20 minutes. Remove from heat and stir in garlic and basil. Serve warm, at room temperature or even cold.

SERVES 8: ABOUT 1 CUP EACH

Calories 84, **Fat** 2g (sat 0g), **Cholesterol** 0mg, **Carbs** 15g, **Total sugars** 7g (added 0g), **Protein** 3g, **Fiber** 6g, **Sodium** 305mg, **Potassium** 671mg.

OKRA & RED PEPPER CORNBREAD

ACTIVE: 20 MIN **TOTAL:** 55 MIN

TO MAKE AHEAD: Cool, cover and store at room temperature for up to 1 day or wrap airtight and freeze for up to 1 month.

Colorful red bell pepper and thinly sliced okra add an exciting element to skillet cornbread. Serve in wedges alongside chili or, if you want a true okra bonanza, along with a dish of Southern Ratatouille.

- 2 tablespoons corn oil
- 2 cups fine yellow cornmeal
- 1 teaspoon baking soda
- 1 teaspoon salt
- 1 cup very thinly sliced okra
- 1 small onion, finely chopped
- ½ red bell pepper, chopped
- 2 cups buttermilk *(see Tip, page 97)*
- 1 large egg, lightly beaten

1. Preheat oven to 450°F. Add oil to a 10-inch cast-iron skillet (or 2-quart metal baking dish) and place in the preheating oven for 10 to 15 minutes.

2. Meanwhile, whisk cornmeal, baking soda and salt in a large, heatproof bowl. Add okra, onion and bell pepper and toss to coat. Whisk buttermilk and egg in another bowl. Pour the wet ingredients into the dry ingredients and stir to combine.

3. Carefully remove the heated skillet (or pan) from the oven and pour the hot oil into the batter. Stir to combine, then pour the batter back into the hot pan. Bake until starting to brown around the edges, 25 to 30 minutes. Let cool on a wire rack for 5 minutes. Cut into 12 slices and serve warm.

SERVES 12: 1 SLICE EACH

Calories 123, **Fat** 4g (sat 1g), **Cholesterol** 17mg, **Carbs** 19g, **Total sugars** 3g (added 0g), **Protein** 4g, **Fiber** 2g, **Sodium** 356mg, **Potassium** 167mg.

EDITOR'S PICK: "Our recipes were adapted from Virginia Willis's *Okra* (University of North Carolina Press, 2014), part of the SAVOR THE SOUTH® cookbook series. I really like that even though the book's written by a Southerner it includes global recipes and is packed with everything okra, like historical tidbits and how to grow your own. Other books in the series, on topics such as biscuits, pecans and pickles, have garnered an honored spot on my nightstand." —*Jim Romanoff, Food Editor*

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MARKET PICK

TURKEY SAUSAGE

45 MINUTES OR LESS
4 DELICIOUS RECIPES
NEXT PAGE

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From pizza topping to stuffing for zucchini, a little turkey sausage will add a lot of zing to your next meal. Here are four new recipes and tips for this versatile, flavor-packed ingredient.

Why Go Turkey? Nutritionally speaking, turkey sausage is a leaner choice than pork sausage, with roughly half the calories and only one-fifth the saturated fat per serving. But in terms of flavor, we think they're just about equal. Like pork, turkey sausage spices up every dish it meets with a savory blast.

Sodium Matters Like most sausage, turkey sausage is high in sodium (upwards of 500 mg per link), which is why it's best to treat it more as a seasoning rather than the center of the meal. Just use a little bit and spread it throughout the dish to keep sodium in check.

Storage Tips Got leftover sausage? Wrap links individually in plastic wrap and freeze for up to 3 months. Since a little goes a long way, freezing the sausages individually allows you to pull out the amount you need without having to defrost a whole package. —Hilary Meyer

PETER ARD TO STYLING LIZ NEELY FOOD LAPEY NERSE I PROPS

SAUSAGE-&-QUINOA-STUFFED ZUCCHINI

ACTIVE: 40 MIN. **TOTAL:** 40 MIN.

Here's another way to make a dent in that bumper crop of zucchini you'll have this summer: stuff them with turkey sausage- and tomato-studded quinoa. Fresh marjoram lends floral notes to the stuffing, but any fresh herb will work.

- 1 tablespoon extra-virgin olive oil
- 3 links sweet *or* hot turkey sausage, casings removed
- 1 small onion, chopped
- ½ cup quinoa
- 1 cup water
- 1 cup quartered grape *or* cherry tomatoes
- 1 tablespoon chopped fresh marjoram *or* 1 teaspoon dried
- 4 medium zucchini
- ¼ teaspoon freshly ground pepper
- ⅛ teaspoon salt
- ⅓ cup finely shredded Parmesan cheese

1. Heat oil in a large saucepan over medium-high heat. Add sausage and onion and cook, breaking the sausage into small pieces, until no longer pink, about 5 minutes. Add quinoa and water and bring to a boil. Reduce heat to maintain a simmer, cover and cook, stirring once or twice, until the water is absorbed and the quinoa is tender, 15 to 20 minutes. Remove from heat and stir in tomatoes and marjoram.

2. Meanwhile, cut zucchini in half lengthwise. Cut a thin slice off the bottoms so each half sits flat. Scoop out the pulp, leaving a ¼-inch shell. (Discard the pulp.) Place the zucchini in a microwave-safe dish and sprinkle with pepper and salt. Cover and microwave on High until tender-crisp, 3 to 4 minutes. Uncover.

3. Position rack in upper third of oven; preheat broiler to high.

4. Transfer zucchini to a broiler-safe pan (or pans). Fill with the quinoa mixture and sprinkle with cheese. Broil on the upper rack until the cheese is melted, about 2 minutes.

SERVES 4: 2 ZUCCHINI HALVES EACH

Calories 293, **Fat** 13g (sat 3g), **Cholesterol** 58mg, **Carbs** 23g, **Total sugars** 7g (added 0g), **Protein** 22g, **Fiber** 4g, **Sodium** 626mg, **Potassium** 911mg.

This recipe has more to offer than just delicious flavor. Zucchini is high in antioxidants that promote good vision, as well as a healthy dose of vitamin A, potassium and folate.

EDITOR'S PICK

"This summer, I'll be cooling off with this 100% organic Elderflower Lemonade Pressé from Belvoir. It's great straight up, even better as a cocktail mixer. Made in the UK and available at Whole Foods."

—Stacy Fraser, Test Kitchen Manager

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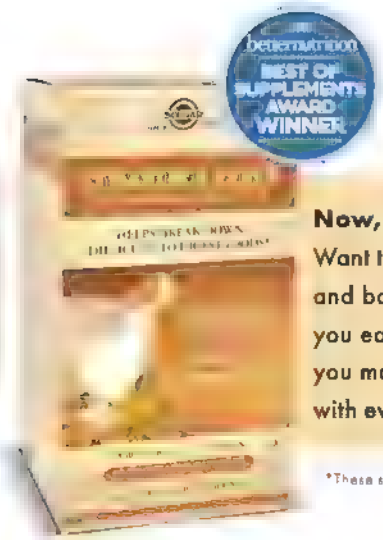

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ESCAROLE & TURKEY SAUSAGE PIZZA

ACTIVE: 30 MIN **TOTAL:** 45 MIN

The robust flavor of escarole is a brilliant companion for mellow, creamy Gouda cheese and savory turkey sausage on this easy-to-make pizza. If you really want to amp up the flavor, try this pie with aged Gouda. It has a nuttier flavor that makes this recipe even more mouthwatering.

- 2 links hot or sweet turkey sausage
- 2 tablespoons extra-virgin olive oil, divided
- 8 cups chopped escarole (1 medium head)
- 2 teaspoons red-wine vinegar
- 1 tablespoon minced garlic
- 1 pound pizza dough, preferably whole-wheat
- ¾ cup shredded Gouda cheese

1. Position rack in lower third of oven. Place a pizza stone or large pizza pan on the rack and preheat oven to 450°F. Place sausage in a small baking pan or skillet and place on the stone (or pan) to cook for 20 minutes while the oven preheats.

2. Meanwhile, heat 1 tablespoon oil in a large nonstick skillet over medium-high heat. Add escarole and cook, stirring, until wilted, about 2 minutes. Remove from heat and stir in vinegar. Combine the remaining 1 tablespoon oil and garlic in a small bowl.

3. Roll out dough on a lightly floured surface to a 12- to 14-inch circle (*see Tip, page 97*).

4. When the sausage is almost done, carefully remove the pizza stone (or pan) from the oven and set on a heatproof surface. Place the dough on it and brush with the garlic-oil mixture. Spread the escarole on the dough. When the sausage is done, cut it into ½-inch slices and place on top of the pizza, then sprinkle with cheese.

5. Carefully return the stone (or pan) to the lower rack and bake the pizza until crispy and golden and the cheese is melted, about 15 minutes.

SERVES 4: ¼ PIZZA EACH

Calories 469 **Fat** 23g (sat 6g), **Cholesterol** 59mg, **Carbs** 49g, **Total sugars** 3g (added 2g), **Protein** 23g, **Fiber** 5g, **Sodium** 768mg, **Potassium** 470mg

MUSSELS WITH ITALIAN TURKEY SAUSAGE, TOMATO & BASIL

ACTIVE: 30 MIN **TOTAL:** 30 MIN

When mussels and turkey sausage meet up with white wine and tomato, pure kitchen alchemy occurs. The broth that brews at the bottom of the pot will make you feel that a piece of crusty bread (for soaking, of course) is your new best friend.

- 1 tablespoon extra-virgin olive oil
- 2 links hot or sweet turkey sausage, casings removed
- 2 cloves garlic, minced
- 1 large shallot, halved and sliced
- 1½ cups chopped fresh plum tomatoes
- 1 cup dry white wine
- ¼ teaspoon freshly ground pepper
- 4 pounds mussels, cleaned (*see Tip, below*)
- ¼ cup chopped fresh basil

1. Heat oil in a large pot over medium heat. Add sausage, garlic and shallot and cook, breaking up the sausage into small pieces, until it is cooked through, 5 to 7 minutes.

2. Add tomatoes, wine and pepper and bring to a boil over high heat. Stir in mussels. Cover and cook just until the mussels have opened, 4 to 6 minutes. Remove from heat and discard any unopened mussels. Serve with the sauce from the pot, sprinkled with basil.

SERVES 4: ABOUT 3½ CUPS MUSSELS & ½ CUP BROTH EACH

Calories 281, **Fat** 10g (sat 2g), **Cholesterol** 70mg, **Carbs** 11g, **Total sugars** 2g (added 0g), **Protein** 25g, **Fiber** 1g, **Sodium** 513mg, **Potassium** 502mg.

TIP: To clean mussels, rinse very well under cold running water and use a stiff brush to remove any barnacles or grit from the shell. Discard any mussels with broken shells or any shells that remain open after you tap them lightly. Pull off any fibrous "beard" that might be pinched between the shells; the "beards" of most cultivated mussels are already removed.

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MARKET PICK

TURKEY SAUSAGE & PEPPERS BURGER

ACTIVE: 30 MIN **TOTAL:** 30 MIN
EQUIPMENT: Grill basket

If you long for the classic flavors of the Italian sausage and peppers sandwich, this juicy burger is for you. This recipe calls for a grill basket, but if you don't have one it's no problem. To improvise, fold a 24-inch piece of heavy-duty foil in half and crimp up the edges to create a lip; this will prevent the vegetables from sliding through the grill rack.

- 1 medium onion, halved and thinly sliced
- 1 medium green bell pepper, thinly sliced
- 1 tablespoon extra-virgin olive oil
- 2 teaspoons Italian seasoning, divided
- ¼ teaspoon freshly ground pepper
- 10 ounces 93%-lean ground turkey
- 2 links sweet or hot turkey sausage, casings removed
- ¼ cup fine, dry breadcrumbs
- 1 teaspoon fennel seeds
- ½ teaspoon garlic powder
- 4 slices provolone cheese
- 4 small whole-wheat hamburger buns, toasted

1. Place a grill basket on one side of grill. Preheat to medium-high.

2. Toss onion, bell pepper, oil, 1 teaspoon Italian seasoning and pepper in a large bowl. Transfer to the preheated grill basket. Cook, stirring a few times, until the vegetables are soft, 12 to 15 minutes.

3. Meanwhile, combine ground turkey, sausage, breadcrumbs, fennel seeds, garlic powder and the remaining 1 teaspoon Italian seasoning in a medium bowl. Shape into four 4-inch patties. Oil the grill rack, place the burgers on it and cook for 4 minutes. Turn them over, top with the grilled vegetables and cheese; continue grilling until the burgers are cooked through and the cheese is melted, 4 to 6 minutes more. Serve on buns.

SERVES 4: 1 BURGER EACH
Calories 409, **Fat** 18g (sat 6g), **Cholesterol** 85mg, **Carbs** 32g, **Total sugars** 6g (added 4g), **Protein** 31g, **Fiber** 5g, **Sodium** 724mg, **Potassium** 548mg

We combine turkey sausage with lean ground turkey and add a little extra spice to carry that classic sausage & peppers flavor without going overboard on sodium.

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SESAME CHICKEN

Ingredients
SERVES 6

- 3 chicken breasts
- 1 banana pepper
- 1 red pepper
- 1 yellow bell pepper
- 1 small orange
- 2 tablespoons sesame seeds
- 2 tablespoons wheat free soy sauce
- 1 garlic clove
- 1 teaspoon garlic powder
- 1 teaspoon salt
- 3 tablespoons olive oil

Preparation

1. Chop the chicken breast into cubes. Cook with olive oil, sliced garlic, garlic powder, salt, sesame seeds and wheat free soy sauce
2. Chop the colored peppers into large cubes, add to the chicken and stir for a few minutes. Distribute to serving plates
3. Top with peeled and sliced oranges, and serve

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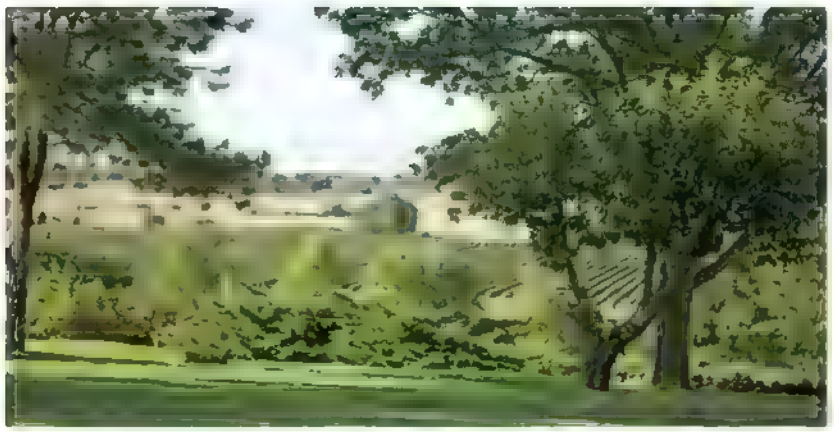


FESTIVE IN THE FIELD

For farm-to-table entertaining it doesn't get any fresher than this meal from chef Tom Douglas at his farm in Prosser, Washington

Tucked between the golden curves of the Horse Heaven Hills and a steep gorge carved out by the Yakima River, there's a picturesque little farm called Prosser.

Named after the quiet wine-country town in Central Washington where it's situated, the 20-acre farm is an oasis of vines and greenery. But on this late-summer day it's also a destination, one that about 50 members of a Seattle wine club have traveled three hours southeast to visit

Under a sapphire sky, blueberry-prosecco cocktails in hand, they walk the rows of heirloom tomatoes and melons, peppers and pole beans, getting a firsthand glimpse of a place that feeds fruits and vegetables to chef Tom Douglas's Seattle-area restaurants. After heading back to the sprawling lawn dotted with linen-draped tables, they nibble on rustic toasts slathered with creamy whipped ricotta flecked with fresh herbs or luscious, smoky eggplant dip.

Prosser is no ordinary farm. And that's because it belongs to a rather extraordinary

By Danielle Centoni

FOOD PHOTOGRAPHY BY HELEN NORMAN
LOCAT ON PHOTOGRAPHY BY WENDI NORDECK

couple: Seattle restaurateur Tom Douglas and his wife, Jackie Cross. This dynamic duo opened Dahlia Lounge in 1989 and have since created an empire of over a dozen award-winning restaurants, a specialty grocery market and a cooking school.

Five years ago they began planting vegetables as a way to put the fertile ground of their weekend getaway to good use. "I didn't start out to do this," says Cross, the Farmer-in-Chief. "I started growing a couple things and we took them to our restaurants. The next year we grew some more. Then we said, 'Let's get a tractor and dig some dirt up.'"

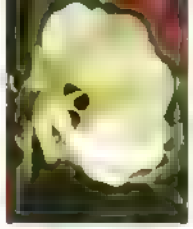
But farms have a way of growing more than just crops. At Prosser a strong sense of community among the employees of Douglas and Cross's food empire has taken root along with the crisp snap peas and the bright peppers. "The farm has provided team building and satisfaction for our staff, and sustainability," says Douglas. "And that's what community is all about."

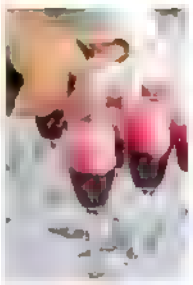
It starts with desirable seeds. The six acres they currently farm can't supply even 10 percent of the produce the restaurants use each week, so Cross and her farm manager, Dev Patel, focus on what the chefs want instead of what they need, custom-growing specific varieties of crops.

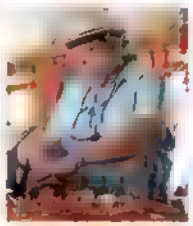
"Dev and I work closely with the chefs," says Cross. "What trends are they seeing? What do they want more of? What do they want less of?"

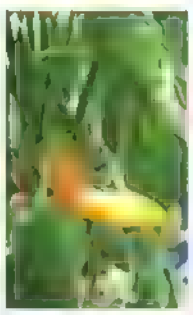
Early in the year the chefs even help plant those crops. And the rest of the company's staff, from managers to servers, take trips to the farm to work, learn and bond.

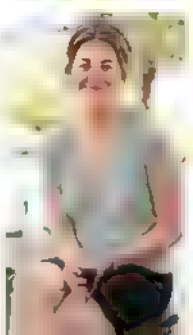
"The restaurant teams go out and enjoy the sunshine and get their hands dirty," says Douglas. "At the end of the day of working on the farm, everyone gathers around and helps cook."



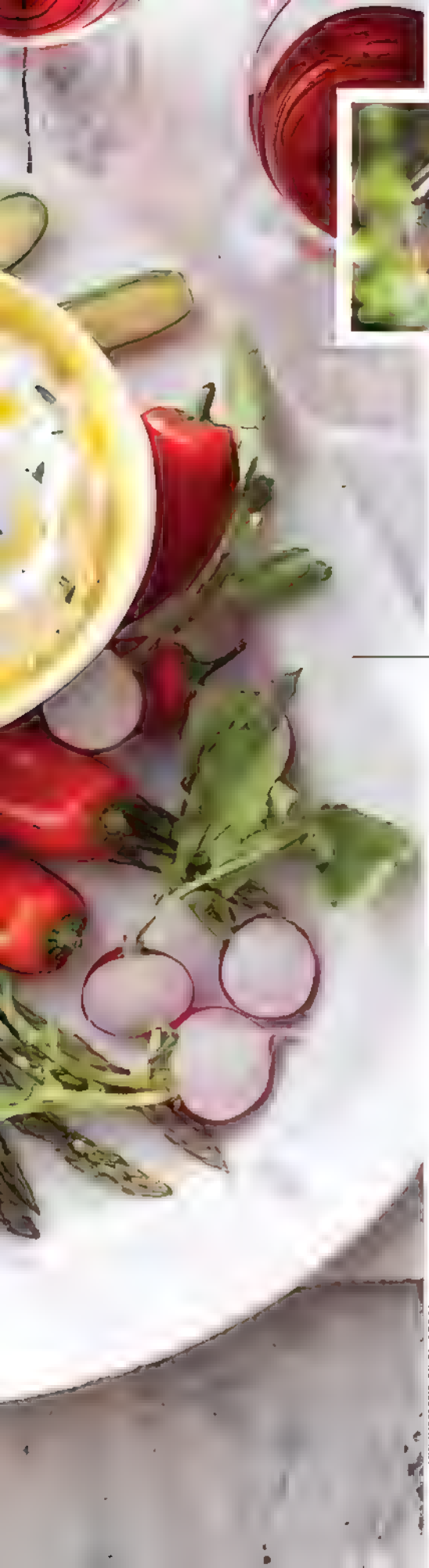


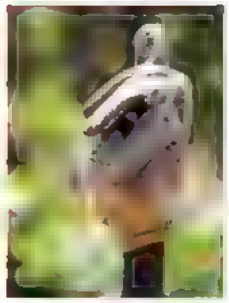






LABOR OF LOVE
For Jackie Cross and Tom Douglas (*far left*), tasting and cooking the freshly harvested vegetables from their farm is a joy. But the biggest reward, says farm manager Dev Patel (*above*), is how it has brought their staff together: "The chefs, the servers—they're all invested in it."





"When you're cooking with our vegetables you're thinking about the farm. The zucchini from California doesn't seem the same." –Tom Douglas

And because they're so invested in the farm, the chefs have learned to cope with the shortfalls and embrace the surpluses. "Anyone who has ever had a garden, it's like, 'I have all this zucchini. What else can I do with it?'" says Cross. "It starts a whole creative process."

But a farm-to-table connection this strong doesn't happen on its own, and that's where Pam Hinckley comes in. The company's CEO is so health-minded she's been christened the CVO (chief vegetable officer); she's become a link between the farm and the restaurants, instituting meatless Mondays for staff meals and pushing for vegetable-heavy menus for the customers.

"Yes, I'm cheerleading this path," Hinckley says. "It comes from my deep-rooted belief that fine dining and nutrition can intersect. The farm is providing access and enthusiasm for our chefs to have balance on the plate."

Any dish made with Prosser-grown produce inevitably sells out. "The chefs treat our produce differently. They're really proud of it," says Douglas. "When you're cooking with our vegetables you're thinking about the farm. The zucchini from California doesn't seem the same."

And that pride goes beyond the kitchen. "The staff is so excited to sell it," he continues. "They've been there. They've weeded that garden. They have a warm feeling about it."

On this languid summer day, it's a feeling that the visiting members of the wine club are about to experience themselves, as Douglas and his chiefs of staff have gathered with them for a day of cooking and eating together.

After touring the farm, a handful of the guests follow Douglas into the ranch house for what he calls a "cook-along." Some slice tomatoes, drizzle them with tarragon vinaigrette and toss with fried capers. Another group quarters the just-dug potatoes to accompany the locally raised lamb roasting on the grill. In an hour's time, they'll sit down to enjoy the fruits of their labor and of the land that surrounds them.

"At the end of the day," says Douglas, "it's all about people gathering around the table and sharing a meal."

DANIELLE CENTONI *is a writer, editor and recipe developer based in Portland, Oregon.*

LEMON-THYME WHIPPED RICOTTA

ACTIVE: 15 MIN **TOTAL:** 15 MIN

TO MAKE AHEAD: Cover and refrigerate for up to 1 day.

A whirl in a food processor gives ricotta a lighter, smoother texture that's just the thing for dipping and spreading. Infused with fresh herbs and lemon, this easy app can stand on its own with just some whole-grain crackers and cut-up vegetables, but is also great on toasty bruschetta.

- 1 15-ounce container part-skim ricotta
- 2 tablespoons chopped fresh thyme, plus more for garnish
- 2 teaspoons minced shallot or 2 tablespoons minced fresh chives
- 2 teaspoons freshly grated lemon zest
- ¼ cup lemon juice
- 1 teaspoon freshly ground pepper
- ½ teaspoon salt
- 2 teaspoons extra-virgin olive oil

1. Combine ricotta, 2 tablespoons thyme, shallot (or chives), lemon zest, lemon juice, pepper and salt in a food processor. Puree for a few seconds until smooth.

2. Transfer to a serving bowl and swirl the top with the back of a spoon. Drizzle with oil and sprinkle with thyme.

SERVES 8: ¼ CUP EACH

Calories 88, **Fat** 5g (sat 3g), **Cholesterol** 16mg, **Carbs** 4g, **Total sugars** 0g (added 0g), **Protein** 6g, **Fiber** 0g, **Sodium** 212mg, **Potassium** 85mg.

FOOD STYLING BY BILL SCEARNSKY

GRILLED EGGPLANT DIP

ACTIVE: 1 HR **TOTAL:** 1 HR

TO MAKE AHEAD: Cover and refrigerate for up to 3 days. Bring to room temperature before serving

Grilling eggplants infuses the spongelike vegetables with flavor. It brings summer character to this lighter take on baba ganoush, with the smoky eggplant brightened by herbs and lemon juice rather than tahini. Serve with crostini or use as a sandwich spread that'll put plain mayo to shame.

- 2 eggplants (about 1 pound each)
- ¼ cup lemon juice
- ¼ cup chopped fresh mint, plus more for garnish
- 2 tablespoons finely chopped shallot
- 1 tablespoon chopped fresh thyme, plus more for garnish
- 1 tablespoon chopped fresh oregano, plus more for garnish
- 1 tablespoon extra-virgin olive oil plus 1 teaspoon, divided
- 1 teaspoon finely chopped garlic
- 1½ teaspoons salt
- ¼ teaspoon freshly ground pepper

1. Preheat grill to medium.

2. Pierce eggplants all over with a knife. Place on the grill rack and roast, turning about every 5 minutes, until charred on all sides and completely soft and tender, 20 to 25 minutes total. *(Alternatively, char the eggplants directly over a gas flame, turning every 5 minutes, then roast in a 425°F oven until completely soft, 10 to 20 minutes.)* Let cool.

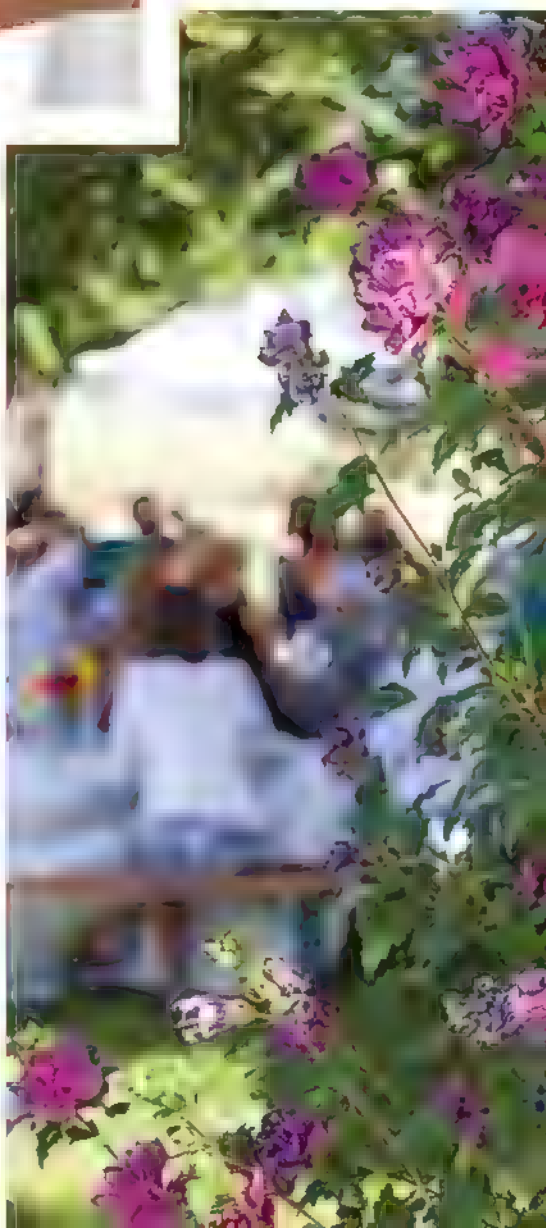
3. Cut the eggplants in half and scoop out the flesh, finely chop with a knife or pulse in a food processor until almost smooth. Transfer the eggplant to a bowl and combine with lemon juice, mint, shallot, thyme, oregano, 1 tablespoon oil, garlic, salt and pepper.

4. Transfer to a serving bowl and swirl the top with the back of a spoon. Drizzle with the remaining 1 teaspoon oil and sprinkle with more mint, thyme and/or oregano.

SERVES 10: ¼ CUP EACH

Calories 52, **Fat** 2g (sat 0g), **Cholesterol** 0mg, **Carbs** 9g, **Total sugars** 3g (added 0g), **Protein** 1g, **Fiber** 2g, **Sodium** 351mg, **Potassium** 134mg.

PLANT TO PLATE The flower field at Prosser Farms is dedicated to heat-seekers like heirloom tomatoes, eggplants, melons and cutting flowers. Picked in the morning, they'll grace the tables at Tom Douglas's Seattle restaurants by dinnertime.



CRISPY SPECK & MELON SALAD

ACTIVE: 45 MIN **TOTAL:** 45 MIN

TO MAKE AHEAD: Prepare melon salad (Step 1) without mint, cover and refrigerate for up to 8 hours; remove from the refrigerator and stir in mint about 1 hour before serving

A brief flash in the pan transforms paper-thin slices of smoky speck into savory crisps to hold a sweet-tart mélange of melon and shallots. Look for speck in specialty markets or at Italian grocers. If you can't find it, the sweet saltiness of prosciutto is a fine stand-in.

- 2 tablespoons champagne vinegar or white-wine vinegar

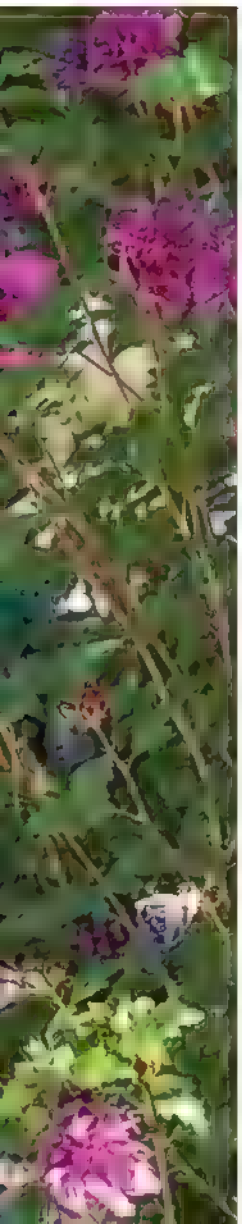
2 teaspoons honey
½ teaspoon salt
¼ teaspoon freshly ground pepper
2 tablespoons extra-virgin olive oil plus 1 teaspoon, divided
1 cup chopped cantaloupe *or* other sweet muskmelon
2 tablespoons finely chopped shallot
2 tablespoons finely chopped fresh mint, plus whole leaves for garnish
8 very thin slices speck *or* prosciutto

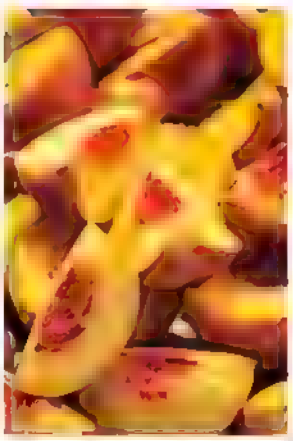
1. Combine vinegar, honey, salt and pepper in a small mixing bowl. Whisk in 2 tablespoons oil. Add melon, shallot and mint and toss to coat. Let stand at room temperature while you prepare the speck.

2. Use kitchen scissors to cut speck (or prosciutto) slices in half crosswise. Heat the remaining 1 teaspoon oil in a large nonstick skillet over medium heat. Add half of the speck (or prosciutto) and cook, turning once, until golden brown, 1 to 2 minutes per side. Transfer to paper towels and blot off excess grease. Repeat with the remaining pieces.

3. To serve, arrange the crisped speck (or prosciutto) on individual small plates. Using a slotted spoon, top each piece with a small amount of the melon salad. Garnish with mint leaves, if desired.

SERVES 8: 2 CRISPS & 1 TBSP MELON SALAD EACH
Calories 79 **Fat** 5g (sat 1g), **Cholesterol** 4mg, **Carbs** 4g, **Total sugars** 3g (added 1g), **Protein** 4g, **Fiber** 0g, **Sodium** 366mg, **Potassium** 73mg.





WINE LIST

BiancaVigna Prosecco DOC Brut
Veneto, Italy ($18)
This light bodied sparkling Italian wine with aromas of apple and peach makes a lovely aperitif.

2012 WillaKenzie Estate Pinot Gris
Willamette Valley, Oregon ($20)
Bright and lush, this certified sustainable Pinot Gris plays well with the acid of the tomatoes and melon.

2011 Corvidae Rook Red Blend
Columbia Valley, Prosser, Washington ($14)
Made with grapes grown near Prosser Farm, this juicy red wine is a perfect complement to the grilled lamb and rosemary potatoes.

2013 [illegible]
Columbia Valley, Washington ($20)
With honey and apricot flavors, this lightly sweet, top-rated Riesling is an exquisite pairing for the shortcake dessert.

GRILLED LEG OF LAMB WITH MINT-GARLIC RUB

ACTIVE: 40 MIN **TOTAL:** 1 HR 40 MIN (PLUS 3-24 HOURS MARINATING TIME)

TO MAKE AHEAD: Marinate lamb (Steps 1-2) for up to 1 day.

Boneless leg of lamb is a great choice when it comes to cuts of meat for entertaining, and this mint and garlic rub, though quite simple, is an elegant and fresh-tasting way to prepare it. The butterflied lamb cooks in record time and the varying thickness means some slices will be more done than others, so there's something for everyone. The recipe calls for a cut that's large enough to serve about 16 people and still have enough leftovers to make an awesome sandwich for when you're lounging in your hammock the next day.

- 1 cup fresh mint leaves, loosely packed
- ½ cup flat-leaf parsley leaves, loosely packed
- 3 cloves garlic
- ¼ cup extra-virgin olive oil
- 2 teaspoons kosher salt
- 1 teaspoon freshly ground pepper
- 1 5-pound boneless leg of lamb, butterflied and trimmed *(see Tip, page 97)*

1. Finely chop mint, parsley and garlic and combine in a small bowl. Stir in oil, salt and pepper.

2. Pat lamb dry. If you have metal skewers, thread 2 through the lamb horizontally to help the meat hold together and make it easier to flip on the grill. (If you don't have skewers, just be sure you have long sturdy tongs.) Rub the herb mixture evenly over the lamb. Cover and refrigerate for at least 3 hours or up to 1 day to allow the flavors to penetrate.

3. About 1 hour before you're ready to grill, remove the lamb from the refrigerator.

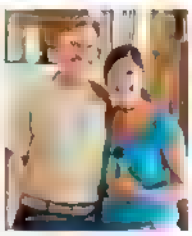
4. Preheat a gas grill to medium or prepare a medium-hot charcoal grill and push the coals to one side.

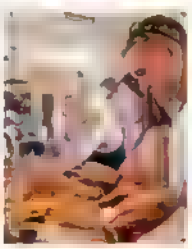
5. Grill the lamb over direct heat until an instant-read thermometer inserted horizontally into the thickest part registers 125° to 130°F for medium-rare, 10 to 15 minutes per side. If the meat is getting too charred, occasionally move it to the cooler part of the grill. *(Alternatively, place the lamb in a roasting pan and roast in the oven at 425°F until it reaches the desired temperature, 25 to 35 minutes.)*

6. Place the lamb on a clean cutting board, tent with foil and let rest 10 minutes before slicing.

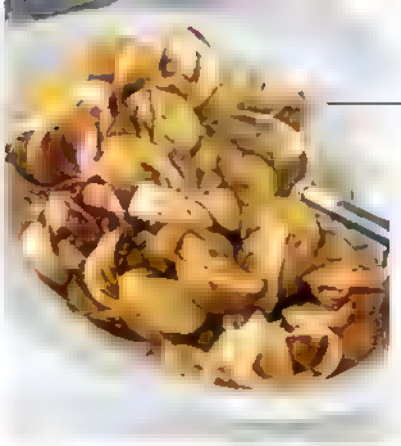
SERVES 16: 3-4 OZ EACH

Calories 175, **Fat** 9g (sat 3g), **Cholesterol** 65mg, **Carbs** 1g, **Total sugars** 0g (added 0g), **Protein** 21g, **Fiber** 1g, **Sodium** 193mg, **Potassium** 287mg





"At the end of the day, it's all about people gathering around the table and sharing a meal." –Tom Douglas



HEIRLOOM TOMATO SALAD WITH FRIED CAPERS

ACTIVE: 25 MIN **TOTAL** 25 MIN

TO MAKE AHEAD: Cover and refrigerate vinaigrette (Step 1) for up to 5 days. Bring to room temperature and whisk before using.

There's really nothing quite like the natural, fruity sweetness of vine-ripe tomatoes, so it's tempting to serve them unadorned (or eat them out of hand like an apple). But pairing them with the salty crunch of fried capers and a mustardy vinaigrette creates a flavor sensation all its own. Solution: just pick enough tomatoes to eat them both ways.

- 2 tablespoons red-wine vinegar
- 1 tablespoon Dijon mustard
- 3 tablespoons chopped fresh tarragon or dill
- ½ teaspoon freshly ground pepper, plus more to taste
- ¼ teaspoon salt
- 5 tablespoons extra-virgin olive oil, divided
- 3 tablespoons capers, rinsed
- 2½ pounds heirloom tomatoes, cut into 1-inch wedges
- 1 pint cherry tomatoes, mixed colors, halved

1. Whisk vinegar, mustard, tarragon (or dill), ½ teaspoon pepper and salt in a small bowl. Gradually whisk in 4 tablespoons oil and continue whisking until well combined.

2. Pat capers dry thoroughly. Heat the remaining 1 tablespoon oil over medium heat. Add the capers and cook, stirring occasionally, until light brown, about 3 minutes. Remove with a slotted spoon and drain on a paper towel.

3. Divide tomato wedges and cherry tomatoes among 8 plates. Drizzle with the vinaigrette and top with the fried capers. Season with pepper.

SERVES 8: 1 CUP EACH

Calories 103, **Fat** 8g (sat 1g), **Cholesterol** 0mg, **Carbs** 7g, **Total sugars** 5g (added 0g), **Protein** 2g, **Fiber** 2g, **Sodium** 196mg, **Potassium** 439mg.

ROSEMARY ROASTED

POTATOES & SWEET ONIONS

ACTIVE 40 MIN **TOTAL:** 1 HR

TO MAKE AHEAD: Prepare potatoes (Step 2) and refrigerate for up to 8 hours. Let stand at room temperature for 1 hour before proceeding with Steps 3-5.

A few secrets for achieving the crispiest roast potatoes: First, parboil them until just tender. It doesn't shorten the roasting time, but it does release their starches. Second, oil the baking sheet well and preheat it in the oven. When you add the potatoes they'll immediately start to sizzle.

- 2½ pounds Yukon Gold potatoes, scrubbed, cut into 1-inch-thick wedges
- 5 tablespoons extra-virgin olive oil, divided
- 1 teaspoon salt, divided
- ½ teaspoon freshly ground pepper, divided
- 2 medium sweet onions (about 1 pound), cut into 1-inch-thick wedges with root ends intact
- 1 tablespoon chopped fresh rosemary

1. Position racks in upper and lower thirds of oven; preheat to 425°F.

2. Place potatoes in a large pot of cold water; cover and bring to a boil over high heat. Uncover and reduce heat to maintain a simmer. Cook until just tender, 5 to 10 minutes (they should be firm, but tender enough to spear with a fork). Drain in a colander; return the potatoes to the pot. Place over the still-warm burner to dry, about 5 minutes.

3. Divide 3 tablespoons oil between 2 rimmed baking sheets, tilting to coat. Place the pans in the oven to heat for 5 minutes.

4. When the potatoes are dry, drizzle with the remaining 2 tablespoons oil. Sprinkle with ½ teaspoon salt and ¼ teaspoon pepper. Gently toss until coated. Add onions and gently turn with your hands to coat, trying not to break them up.

5. Arrange the potatoes and onions, cut side down, on the hot baking sheets (don't crowd them). Roast until browned and crisp on the bottom, 10 to 15 minutes. Turn the vegetables with tongs and switch the pans back to front and top to bottom. Roast until browned and crisp on the other side, 10 to 15 minutes more. Remove from heat and sprinkle with rosemary and the remaining ½ teaspoon salt and ¼ teaspoon pepper.

SERVES 8 1 CUP EACH

Calories 218, **Fat** 9g (sat 1g), **Cholesterol** 0mg, **Carbs** 32g, **Total sugars** 5g (added 0g), **Protein** 4g, **Fiber** 3g, **Sodium** 304mg, **Potassium** 693mg.

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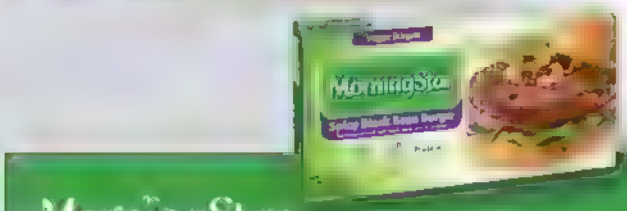
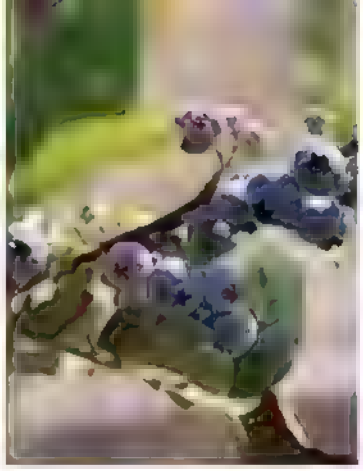
12 veggie burgers.

All a good source of protein.
All ready to be grilled up, piled on and taken down.



See nutrition information for sodium content.



CORNMEAL-BLUEBERRY SHORTCAKES WITH HONEY WHIPPED CREAM

ACTIVE: 45 MIN **TOTAL:** 1¾ HRS (INCLUDING CHILLING TIME)

TO MAKE AHEAD: Prepare the shortcakes (Steps 3-5) and refrigerate them overnight on the baking sheet. Let them stand at room temperature for 30 minutes before baking. The blueberries and whipped cream (Steps 1 & 7) can be prepared a day ahead and refrigerated. Briefly reheat the blueberries to take the chill off before serving.

EQUIPMENT: 2½-inch biscuit cutter

Get ready for some killer shortcakes. The nutty flavor of cornmeal adds depth and a sunny golden hue to these tender sweet biscuits, which are the perfect backdrop to show off any summer fruits. Here, they're wed to fresh blueberries and a honey-scented whipped cream, but they're delightful with peaches and raspberries, roasted plums or cherry compote as well.

BLUEBERRIES

- 3 cups fresh blueberries
- ½ cup granulated sugar
- Zest of 1 lemon
- 1 tablespoon lemon juice

SHORTCAKES

- 1¼ cups all-purpose flour
- ¾ cup finely ground cornmeal
- ¼ cup packed brown sugar
- 1 tablespoon baking powder
- ½ teaspoon salt
- 4 tablespoons cold unsalted butter, cut into cubes
- ½ cup milk plus 1 tablespoon, divided
- 1 large egg
- ½ teaspoon granulated sugar

HONEY WHIPPED CREAM

- ⅔ cup heavy cream
- 1 tablespoon honey

1. To prepare blueberries: Combine berries, ½ cup granulated sugar, lemon zest and lemon juice in a medium saucepan. Cook over medium heat, stirring occasionally and mashing some of the berries, until they begin to soften and release their juice, 5 to 10 minutes. Let stand at room temperature to cool.

2. To prepare shortcakes: Preheat oven to 425°F. Line a rimmed baking sheet with parchment paper.

3. Combine flour, cornmeal, brown sugar, baking powder and salt in a food processor. Pulse to combine. Add butter and pulse until the mixture is evenly crumbly, about 5 times.

4. Combine ½ cup milk and egg in a small bowl and whisk thoroughly. Pour over the flour mixture, then pulse 3 or 4 times until mostly incorporated. Turn the mixture out onto a lightly floured surface and gather the dough together, kneading 2 or 3 times to ensure the liquid ingredients are fully incorporated.

5. Pat the dough into a circle about 1 inch thick and 6 inches across. Use a 2½-inch round biscuit cutter to cut out 8 shortcakes. (Dip it in flour between cuts and gently press the scraps back together to cut out the remaining shortcakes.) Place the shortcakes on the prepared baking sheet. Brush the tops with the remaining 1 tablespoon milk and sprinkle with ½ teaspoon sugar.

6. Bake the shortcakes until the tops are beginning to brown, 12 to 15 minutes. Let cool on the pan for a few minutes before transferring to wire racks to cool completely.

7. To prepare whipped cream: Combine cream and honey in a mixing bowl; beat with an electric mixer on medium-low speed until frothy. Increase speed to high and whip until medium-stiff peaks form.

8. To serve: Split shortcakes in half horizontally. Spoon about ¼ cup berries on the bottom halves, add a dollop of cream and cap with the top halves.

SERVES 8: 1 SHORTCAKE EACH

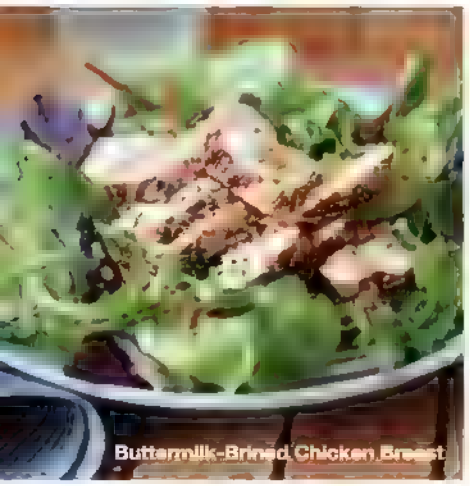
Calories 355, **Fat** 15g (sat 9g), **Cholesterol** 64mg, **Carbs** 54g, **Total sugars** 28g (added 21g), **Protein** 5g, **Fiber** 3g, **Sodium** 338mg, **Potassium** 152mg.

MorningStar Farms®

A dozen different veggie burgers you can throw on the grill.

See them all at MorningStarFarms.com

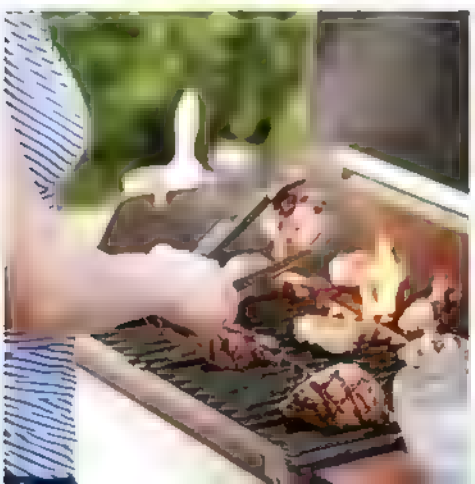
FIRE IT UP FOR CHICKEN

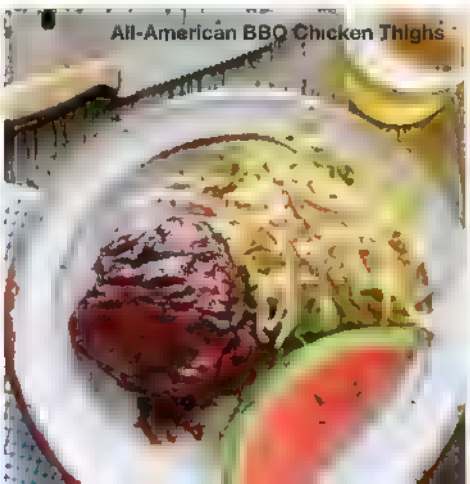


OUR LOVE FOR CHICKEN HAS NO LIMITS.

And those of us who have a passion for cooking are on an ongoing quest to find new and ever more delicious ways to prepare it. This time of year it's all about finding inspiration for chicken on the grill. Fire can do spectacular things for chicken if you know its strengths and idiosyncrasies. So this guide lays it all out for you to go way beyond basic grilled chicken for all your festive summer barbecues and easy weeknight dinners on the deck. Here's what you get: The best ways to grill almost every form of chicken you can buy. There's a handy chart that gives you prep instructions and cooking times for chicken parts. For the whole bird, there are two ways to achieve a perfectly done, juicy chicken every time. Recipes for brines, rubs, marinades, pastes, glazes, sauces, salsas and even a method for quick smoking let you add layers of flavor before, during or after grilling. The result: literally dozens of new ways to grill chicken. Who knows, you may never want to make chicken indoors again.

BY MARGE PERRY & DAVID BONOM
PHOTOGRAPHY BY LEIGH BEISCH
ILLUSTRATIONS BY OWEN TUCKER





Before you start cooking, here are some essentials to help you get your grill ready.

1. Got a Grill?

Gas grills, usually come in two- and three-burner versions but as long as you have at least two you can do the direct and indirect cooking methods we recommend for chicken. It's also useful if the grill comes equipped with a thermometer so you can easily monitor and control the cooking temperature. **For charcoal grills,** choose one that has a cover, top and bottom vents and a thermometer, all of which will help you monitor and maintain an even cooking temperature

WIN A GRILL! SEE PAGE 10

2. Light It Up!

Gas: Follow the manufacturer's instructions to light. Turn all burners to high, close the lid and let heat for 10 to 15 minutes. **Charcoal:** Light your fire 20 minutes before you're ready to cook. Use a chimney starter (*see Tools of the Trade, page 71*). Place a balled-up sheet of newspaper in the bottom of the chimney. Fill with charcoal. Light the newspaper and burn until the coals are mostly white, about 20 minutes.

2 KINDS OF HEAT, 2 KINDS OF GRILL

DIRECT:

Gas: Adjust all burners for medium heat, 400°F.

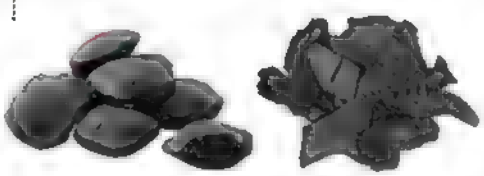
Coal: Spread coals in an even layer, close the lid and adjust vents for medium heat, 400°F.

INDIRECT:

Gas: Shut off one or two burners and adjust lit burner for medium heat, 400°F

Coal: Push coals to one side of the grill, and adjust vents for medium heat, 400°F

3. Choose Your Coal



Charcoal briquettes burn slowly and evenly but generate a lot of ash. Look for brands without any added fillers and binders, which can add unwanted flavors. **Lump charcoal** has the advantage of being made entirely of hardwood. These gnarly-looking and unevenly sized hunks of coal light easily and add a pleasant touch of smokiness that most briquettes don't produce.

4. Oil the Rack

Once the grill is heated, oil a folded paper towel, hold it with tongs and rub it over the hot rack right before placing the chicken on the grill

Pick a Part & Grill It

Here's your guide to how long it takes to grill pieces of chicken over direct, medium heat (400°F). Before you get started, pick one (or more) of the flavors from pages 70 and 72. When you're ready to grill, oil the preheated grill rack, place chicken on the grill, close the lid and cook, turning once, until the chicken has reached an internal temperature of 165°F.

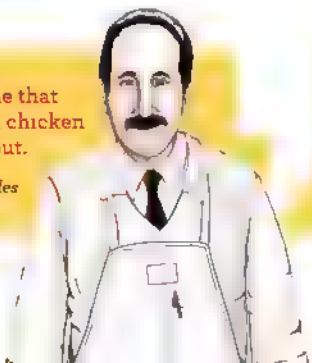
For 4 servings, start with 1 pound boneless chicken or 2 pounds bone-in.

CHICKEN PART	PREP	GRILLING TIME
Boneless, skinless breast	Trim fat and halve chicken crosswise.	4 to 6 min/side
Bone-in breast	Remove skin, trim fat and halve chicken crosswise.	14 to 15 min/side
Boneless, skinless thighs	Trim fat.	5 to 7 min/side
Bone-in thighs	Remove skin and trim fat.	16 to 18 min/side
Drumsticks	Remove skin.	16 to 18 min/side
Kebabs (skinless breast)	Trim fat, cut chicken into 1-inch pieces and thread onto skewers.	4 to 6 min/side
Kebabs (skinless thighs)	Trim fat, cut chicken into 1-inch pieces and thread onto skewers.	5 to 7 min/side

LEARN HOW TO CUT A WHOLE CHICKEN into parts before grilling at **eatingwell.com/webextra**

There's definitely a taste difference between a more natural chicken—one that was raised right and fed right—and the factory-raised kind. A more natural chicken will actually plump up when you cook it, rather than flatten and dry out.

LOU DEROSA, *butcher and co-owner, Marconda's Meats and Puritan Poultry, Los Angeles*



STYLING: DAN BECKER; FOOD: GLENN ENKINS PROPS

Buttermilk-Brined Chicken Breast with Basil-Mint Sauce (*pages 70 & 72*)

Chicken Choices

When it comes to labels don't be fooled by the word "natural"—it may paint a pretty picture about quaint farms and happy chickens but it merely means that no additives or preservatives were used in processing. If you want to know what the chicken was fed or how it was raised, organic is a better bet or seek out a local source that's raising chickens well.

■ **Play It Safe:** Don't rinse chicken—it only spreads bacteria to your sink and other surfaces. The only way to get rid of harmful bacteria is to cook chicken to an internal temperature of 165°F.

How to Spatchcock

1.
Use a pair of kitchen shears (see Tools of the Trade) to cut the chicken down one side of the backbone and through the ribs.

2.
Make an identical cut on the opposite side to remove the backbone completely (discard it).

3.
Place the bird cut-side down (skin-side up) and flatten it with the heel of your hand; use both hands if you need to apply extra pressure.

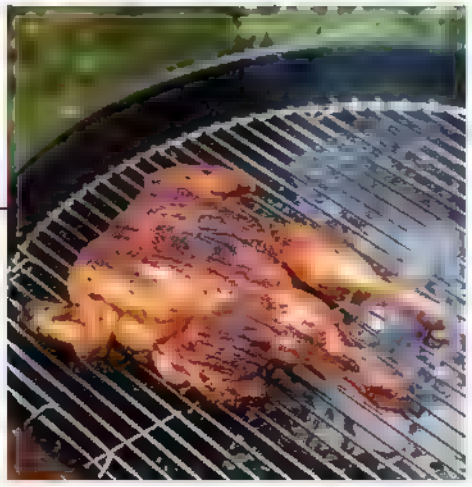
Vertically Grilled Whole Chicken with Sweet & Spicy BBQ Rub *(page 70)*

Take the Temp

There's a sweet spot when chicken is fully cooked but still incredibly tender and juicy. Only way to hit it every time: use an instant-read thermometer to check that the temp is 165°F. Insert the probe at least 1 inch into the thickest part of the meat without touching bone.

Is your thermometer right? Plunge the probe into boiling water; it should read 212°F.

Grill whole chicken using the vertical or spatchcock method. Add any of the flavorings on pages 70 and 72.



VERTICALLY GRILLED WHOLE CHICKEN

ACTIVE: 15 MIN **TOTAL:** 1 HR 25 MIN
EQUIPMENT: Vertical grilling rack

This method allows the smoky heat of the grill to flow inside the bird, which means it cooks from both the inside and outside. Season as described in the recipe or, if you like, flavor it with one of the flavor recipes on pages 70 and 72 instead. You could also add a basting sauce (page 72) during the last 10 minutes of cooking.

- 1 4- to 4½-pound chicken
- 2 tablespoons extra-virgin olive oil
- 1 teaspoon salt
- ½ teaspoon freshly ground pepper

1. Preheat a grill for indirect, medium-heat cooking (about 400°F; *see Light It Up, page 66*).
2. Remove giblets from chicken and trim excess skin and fat. Loosen the skin over the breast and thigh meat. Rub oil, salt and pepper under the skin onto the breast meat and leg meat, and on the skin and inside the cavity. (Or skip the oil, salt and pepper and flavor with one of the recipes on pages 70 and 72.)
3. Hold the chicken upright and fit the opening of the cavity over a vertical grilling rack (*see Tools of the Trade, page 71*).
4. If using a gas grill, turn off part of the grill (leaving 1 to 2 burners lit, depending on your grill). Place the chicken on the rack over the unlit part of the grill. Close the lid and grill until the chicken is very tender and an instant-read thermometer inserted into the thickest part of the thigh without touching bone registers 165°F, 1¼ to 1½ hours. (If using a charcoal grill, add 10 coals after the first 30 minutes to maintain the heat.) Transfer the chicken to a clean cutting board and let rest for 10 minutes before carving.

SERVES 6. 3-4 OZ. EACH WITHOUT SKIN
Calories 250, **Fat** 12g (sat 3g), **Cholesterol** 98mg, **Carbs** 0g, **Total sugars** 0g (added 0g), **Protein** 32g, **Fiber** 0g, **Sodium** 481mg, **Potassium** 270mg.

SPATCHCOCKED CHICKEN UNDER A BRICK

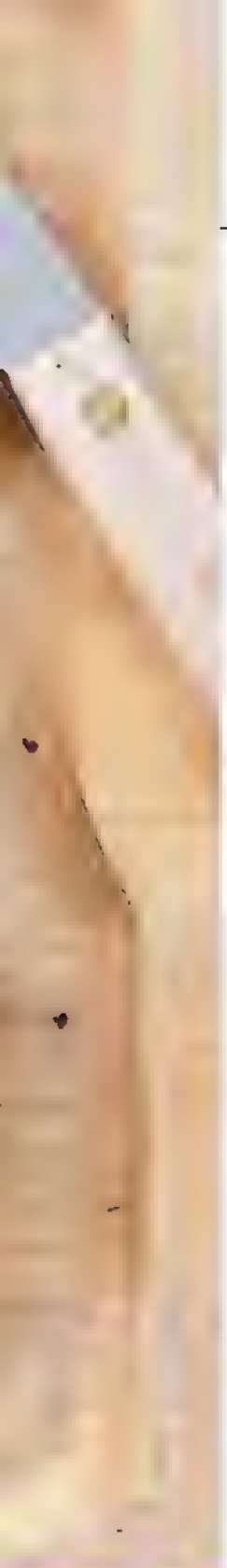
ACTIVE: 10 MIN **TOTAL:** 1¼ HRS
EQUIPMENT: 2 BRICKS

In this technique, a whole chicken is butterflied and then grilled under the weight of 2 bricks—which enables it to cook quickly. Season with salt, pepper and oil or use one of the flavorings on pages 70 and 72.

- 1 4- to 4½-pound chicken
- 2 tablespoons extra-virgin olive oil
- 1 teaspoon salt
- ½ teaspoon freshly ground pepper

1. Place 2 foil-wrapped bricks on the grill rack. Preheat grill for indirect, medium-high heat cooking (about 450°F; *see Light It Up, page 66*).
2. Remove giblets from chicken and trim any excess skin and fat. Spatchcock the chicken (*see opposite*). Loosen the skin over the breast and thigh meat. Rub oil, salt and pepper under the skin, a little on the skin and on the underside of the chicken. (Or skip the oil, salt and pepper and flavor with one of the recipes on pages 70 and 72.)
3. If using a gas grill, turn off one burner (leaving 1 to 2 burners lit, depending on your grill). Oil the grill rack (*see Tip, page 66*). Wearing oven mitts, remove the hot bricks and set the chicken on the rack, skin-side down over the unlit portion of the grill. Place one brick on each half of the chicken, close the lid and grill until the skin is well marked and golden around the edges, 28 to 30 minutes. (If using a charcoal grill, add 10 coals after the first 30 minutes to maintain the heat.)
4. Wearing oven mitts, carefully remove the bricks. Using a large spatula, carefully turn the chicken over. Replace the bricks, close the lid and grill until an instant-read thermometer inserted into the thickest portion of the thigh registers 165°F, 28 to 30 minutes more. Transfer the chicken to a clean cutting board and let rest for 5 minutes before removing the skin and carving.

SERVES 6: 3-4 OZ. EACH WITHOUT SKIN
Calories 250, **Fat** 12g (sat 3g), **Cholesterol** 98mg, **Carbs** 0g, **Total sugars** 0g (added 0g), **Protein** 32g, **Fiber** 0g, **Sodium** 481mg, **Potassium** 270mg.



The smells and the visual appeal of a perfectly grilled chicken make every bite so satisfying. The anticipation helps nourish you and your guests. I think we nourish each other not just with calories, but with the whole process of cooking for someone.

BARTON SEAVER, *chef and director of Healthy and Sustainable Food Program at the Center for Health and the Global Environment, Harvard School of Public Health*

FIRE IT UP

BRINE, MARINATE & RUB

Before cooking, add flavor with a brine, marinade or rub. Or simply mix 1 tablespoon extra-virgin olive oil, ½ teaspoon salt and ¼ teaspoon freshly ground pepper and rub it on 1 lb. boneless or 2 lbs. bone-in chicken (for 4 servings).

BUTTERMILK BRINE

ACTIVE: 20 MIN **TOTAL:** 50 MIN
(PLUS 4-12 HRS MARINATING TIME)

A brine uses salt to draw moisture into chicken; this version adds the tangy flavor of buttermilk.

- 4 cups buttermilk
- ¼ cup sugar
- 2 shallots, finely chopped
- 8 cloves garlic, minced
- 2 tablespoons salt
- 2 tablespoons chopped fresh oregano
- 1 tablespoon fresh thyme leaves
- 1 tablespoon chopped fresh rosemary
- 1 tablespoon Worcestershire sauce
- 1 teaspoon freshly ground pepper
- 1 tablespoon extra-virgin olive oil

1. Combine buttermilk, sugar, shallots, garlic, salt, oregano, thyme, rosemary, Worcestershire sauce and pepper in a bowl. Stir until the sugar and salt dissolve.
2. Place chicken in a sealable gallon-size plastic bag. Pour in the brine, seal and refrigerate for at least 4 hours and up to 12 hours.
3. Remove chicken from the brine (discard the brine). Pat the chicken dry with paper towels. Rub oil over the chicken and let stand at room temperature for about 30 minutes before grilling.
MAKES: 4½ CUPS, ENOUGH FOR 4 LBS BONELESS OR BONE-IN CHICKEN

MOROCCAN-CITRUS MARINADE

ACTIVE: 10 MIN **TOTAL:** 40 MIN
(PLUS 4 HRS MARINATING TIME)

This is a potent blend of citrus zests and juices along with a quartet of aromatic spices.

- 2 tablespoons extra-virgin olive oil
- 1 tablespoon grated orange zest
- 1 tablespoon grated lemon zest
- 2 tablespoons orange juice
- 2 tablespoons lemon juice
- 2 cloves garlic, minced
- 1 tablespoon ground cumin
- 2 teaspoons ground coriander
- 1 teaspoon salt
- ¼ teaspoon ground cinnamon
- ⅛ teaspoon ground cardamom

1. Combine oil, orange zest, lemon zest, orange juice, lemon juice, garlic, cumin, coriander, salt, cinnamon and cardamom in a large bowl.
2. Add chicken to the marinade, tossing to coat well. If using skin-on chicken parts or a whole chicken, rub the marinade under the skin too. Cover and refrigerate for at least 4 hours and up to 8 hours. Remove the chicken from the marinade, shaking off any excess marinade, and let stand at room temperature for about 30 minutes before grilling.
MAKES: ½ CUP, ENOUGH FOR 2 LBS BONELESS OR 4 LBS. BONE-IN CHICKEN

JERK PASTE

ACTIVE: 10 MIN **TOTAL:** 40 MIN
(PLUS 1 HR MARINATING TIME)

Scotch bonnet gives this paste its punch. But watch out as the heat level of chiles can vary.

- 4 scallion greens, chopped
- ½ medium red onion, chopped
- 1 Scotch bonnet or habanero pepper, seeded
- 2 cloves garlic
- 3 tablespoons packed brown sugar
- 2 tablespoons lime juice
- 2 tablespoons cider vinegar
- 1 tablespoon extra-virgin olive oil
- 2 teaspoons ground allspice
- 1½ teaspoons dried thyme
- 1 teaspoon salt
- ½ teaspoon ground cinnamon
- ½ teaspoon freshly ground pepper

1. Combine scallion greens, onion, Scotch bonnet (or habanero), garlic, brown sugar, lime juice, vinegar, oil, allspice, thyme, salt, cinnamon and pepper in a blender. Puree. Transfer the mixture to a bowl. Add chicken, turning to coat. If using skin-on chicken parts or a whole chicken, put on a pair of rubber gloves (the paste is fiery to the skin from the chile pepper) and rub the paste under the skin too. Cover and refrigerate for 1 hour.
2. Remove the chicken from the refrigerator, shake off excess paste and let stand at room temperature for 30 minutes before grilling.
MAKES: ABOUT 1 CUP, ENOUGH FOR 4 LBS. BONELESS OR BONE-IN CHICKEN

SWEET & SPICY BBQ RUB

ACTIVE: 5 MIN **TOTAL:** 15-35 MIN

This all-purpose rub has a classic flavor.

- 2 tablespoons chili powder
- 4 teaspoons packed brown sugar
- 1 tablespoon ground cumin
- 1½ teaspoons salt
- ¾ teaspoon smoked paprika
- ½ teaspoon garlic powder
- ¼ teaspoon ground ginger
- ¼ teaspoon cayenne pepper

1. Combine chili powder, brown sugar, cumin, salt, paprika, garlic powder, ginger and cayenne in a small bowl.
2. Sprinkle and pat the mixture onto chicken. If using skin-on chicken parts or a whole chicken, rub the mixture under the skin. Let stand for at least 10 minutes and up to 30 minutes before grilling.
MAKES: ABOUT ⅓ CUP, ENOUGH FOR 2 LBS. BONELESS OR 4 LBS. BONE-IN CHICKEN

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- Moroccan-Citrus Marinade + Basil-Mint Sauce
- Quick Smoked + All-American BBQ Sauce
- Buttermilk Brine + Thai Chile-Plum Glaze
- Sweet & Spicy BBQ Rub + Quick Smoked
- Jerk Paste + Grilled Peach-Lime Salsa
- Buttermilk Brine + Quick Smoked
- Sweet & Spicy BBQ Rub + Basil-Mint Sauce

I love brining chicken. Brining seasons it from the inside, so the flavor is really in there. Brining also plumps up the chicken. At my restaurants we brine every chicken before we cook it.

ELIZABETH KARMEL, *founder of GirlsattheGrill.com, and executive chef at Hill Country Barbecue Market and Hill Country Chicken*

Kebabs with Thai Chile-Plum Glaze (page 72)

Salient Fact

Some chicken is "plumped" with a solution of saltwater or broth to make it more tender and juicy. This may sound appealing, but you're paying for the weight of the solution and will end up with chicken that's too salty if you add on flavorings like rubs, marinades or sauces. Avoid chicken that lists anything other than water on the label.

Tools of the Trade

Here's a selection of tools that make grilling chicken easier

Chimney: Best way to torch a fire—no stinky lighter fluid. ($18)

Instant-Read Thermometer: Easy-to-read digital display is all you need. ($10)

Tongs: Long handles mean no scorched knuckles. Metal tips clamp food without slipping. ($15)

Vertical Rack: A rack with a small drip pan collects juices and saves your grill from sticky cleanup later ($13)

Kitchen Shears: Solid, comfortable shears that come apart for easy cleaning. ($25)

Smoker Box: Cast-iron smokers: The cheater way to get real pitmaster flavor ($13)

FIRE IT UP

BASTE, SMOKE & SAUCE

Add another layer of flavor to chicken while it's on the grill by basting with a sauce or glaze or quick-smoking it. On the plate, give your chicken a final tasty blast with a slathering of sauce or salsa.

ALL-AMERICAN BBQ SAUCE

ACTIVE: 15 MIN **TOTAL:** 40 MIN

Beer balances the sweetness of molasses, and hot sauce provides heat.

- ¾ cup ketchup
- ¾ cup beer, preferably porter
- ½ cup molasses
- 2 tablespoons orange juice
- 2 tablespoons cider vinegar
- 1 tablespoon Worcestershire sauce
- 2 teaspoons Dijon mustard
- ½ teaspoon onion powder
- 2 teaspoons hot sauce, or to taste

1. Combine all ingredients except the hot sauce in a heavy medium saucepan; bring to a simmer over medium-high heat, stirring. Reduce heat to maintain a simmer and cook, stirring frequently, until reduced to about 1½ cups, 20 to 25 minutes. Stir in hot sauce.
2. Brush on chicken twice during the last 5 to 8 minutes of grilling, turning once in between.

MAKES: 1½ CUPS FOR 12 SERVINGS (2 TBSP EACH)
Calories 67, **Fat** 0g (sat 0g), **Cholesterol** 0mg, **Carbs** 16g, **Total sugars** 14g (added 13g), **Protein** 0g, **Fiber** 0g, **Sodium** 205mg, **Potassium** 273mg.

THAI CHILE-PLUM GLAZE

ACTIVE: 15 MIN **TOTAL:** 15 MIN

Sriracha and fish sauce give this a spicy, complex flavor. Brush on chicken while grilling to create a beautiful glaze or serve on the side as a dip.

- 1 tablespoon canola oil
- 3 cloves garlic, minced
- 1 tablespoon minced fresh ginger
- ½ cup plum preserves
- 2 teaspoons sriracha sauce
- 1 teaspoon fish sauce

1. Heat oil in a small saucepan over medium heat. Add garlic and ginger; cook, stirring often, until starting to brown, 2 to 3 minutes. Stir in preserves; cook until dissolved and hot, about 2 minutes. Add sriracha; cook 30 seconds more. Remove from heat; add fish sauce.
2. Brush on chicken twice during the last 5 to 8 minutes of grilling, turning once in between.

MAKES: ½ CUP FOR 8 SERVINGS (1 TBSP EACH)
Calories 70, **Fat** 2g (sat 0g), **Cholesterol** 0mg, **Carbs** 14g, **Total sugars** 12g (added 12g), **Protein** 0g, **Fiber** 0g, **Sodium** 65mg, **Potassium** 8mg.

QUICK-SMOKED CHICKEN

Traditional smoking is a slow process. This quick method does a great job with a few handfuls of woodchips. If your chicken is not marinated or rubbed with seasoning, season it with olive oil, salt and pepper before smoking. (Use 1 tablespoon extra-virgin olive oil, ½ teaspoon salt and ¼ teaspoon pepper for each pound of boneless chicken or every 2 pounds of bone-in chicken.) Note that all the grilling should be over indirect heat to allow enough time for the smoke to perform its flavoring magic.

1. Place 2 large handfuls of hickory woodchips in a large bowl, cover with water and let soak for at least 30 minutes.
2. Preheat a grill for indirect, medium-heat cooking (about 400°F; *see Light It Up, page 66*).
3. If using a gas grill, turn off one or two burners (depending on your grill) so one part is no longer lit. Add one handful of soaked woodchips directly onto the charcoal or into a stainless-steel smoker box (*see Tools of the Trade, page 71*) set directly over the lit burner(s) and close the lid. (*To improvise a smoker box, see page 97.*)
4. When the wood begins to smoke, oil the grill rack (*see Tip, page 66*) and place the chicken on the rack above the unlit portion of the grill. Close the lid and cook using the indirect grilling method, adding the second handful of soaked woodchips after 15 to 20 minutes, until an instant-read thermometer inserted into the thickest part of the meat registers 165°F, 25 to 30 minutes for boneless chicken, 33 to 35 minutes for bone-in and 1½ to 1¾ hours for a whole chicken.

BASIL-MINT SAUCE

ACTIVE: 10 MIN **TOTAL:** 1 HR 10 MIN

Here's a riff on chimichurri sauce that brings together mint, basil and ground coriander.

- 1½ cups packed fresh basil leaves, finely chopped
- ¼ cup packed fresh mint leaves, finely chopped
- 1 small clove garlic, minced
- 3 tablespoons red-wine vinegar
- 3 tablespoons extra-virgin olive oil
- ½ teaspoon ground coriander
- ½ teaspoon salt
- ⅛ teaspoon freshly ground pepper

Combine all ingredients in a small bowl. Let stand at least 1 hour before serving or cover and refrigerate for up to 3 days.

MAKES: ½ CUP FOR 8 SERVINGS (1 TBSP EACH)
Calories 52, **Fat** 5g (sat 1g), **Cholesterol** 0mg, **Carbs** 1g, **Total sugars** 0g (added 0g), **Protein** 0g, **Fiber** 0g, **Sodium** 147mg, **Potassium** 41mg.

GET FULL RECIPES for four mix-&-match combos at eatingwell.com/webextra

GRILLED PEACH-LIME SALSA

ACTIVE: 20 MIN **TOTAL:** 30 MIN

Grilling fresh peaches for this salsa is key to achieving a mellow caramelized flavor. It's brilliant spooned over grilled chicken, but just as comfortable served alongside a basket of chips.

- 1 pound peaches, halved and pitted
- 1 medium red onion, cut into ½-inch-thick slices
- 1 tablespoon extra-virgin olive oil
- 1 medium jalapeño pepper, seeded and finely chopped, or more to taste
- 2 tablespoons chopped fresh cilantro
- 1 teaspoon grated lime zest
- 2 tablespoons lime juice
- ¼ teaspoon salt

1. Preheat a grill for direct, medium-heat cooking (about 400°F; *see Light It Up, page 66*).
2. Brush peach halves and onion slices with oil. Grill, turning once, until the peaches are marked and starting to soften, 6 to 7 minutes, and the onions are marked and tender, 10 to 11 minutes. Transfer to a clean cutting board and let cool for 10 minutes.
3. Chop the peaches and onions, transfer to a bowl. Stir in jalapeño, cilantro, lime zest, lime juice and salt. Serve at room temperature or refrigerate for up to 2 days.

MAKES: 6 SERVINGS (½ CUP EACH)
Calories 60, **Fat** 3g (sat 0g), **Cholesterol** 0mg, **Carbs** 10g, **Total sugars** 7g (added 0g), **Protein** 1g, **Fiber** 2g, **Sodium** 98mg, **Potassium** 184mg.

MARGE PERRY & DAVID BONOM
develop recipes and write and teach about chicken, grilling and many other food topics.

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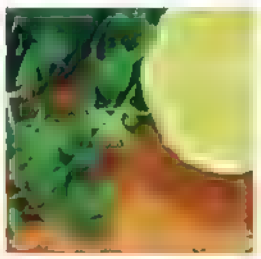

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Agave Fresh Fruit Salsa

1 lb fresh strawberries
4 fresh apricots OR 2 large peaches
1 ½ cups fresh, chopped p neapple
1 ½ cups fresh blueberries
1 ½ tbsp fresh l me juice
½ cup Domino® Organic Blue Agave Syrup
1-3 tbsp chil powder
1 tsp fine y chopped fresh c antro
½ tsp fine y chopped fresh m nt

D ce strawberr es, apr cots and p neapp e into 1/2- nch pieces. In a arge bowl, combine al fruit and set as de. In a smal bow , combine l me juice and Agave Syrup. Add 1 tablespoon of ch li powder (increase by teaspoonfu s to reach desired flavor), mix well. Add agave mixture, c antro and m nt to the fru t, toss ng unt combined. Serve mmediate y

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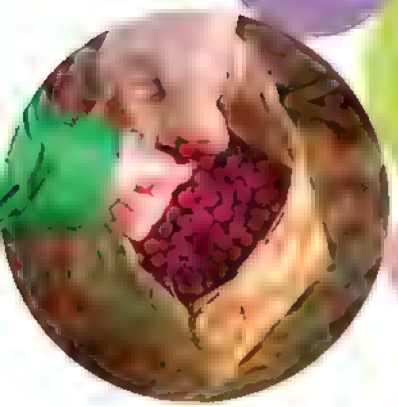


THE LAND OF SUN AND BERRIES

In Finland, gathering wild summer berries is an obsession. Here's how to get a sweet taste of their delicious traditions.

As soon as the first pale-green spruce shoots appear in Finland, it seems like half the people in the cities head to their summerhouses. They spend their days taking saunas and fishing, gathering berries and mushrooms, drinking with friends and family late into the white night. The sun hangs low on the horizon, casting shadows throughout the night. The days of the Finnish summer can seem enchanted, as though they'll never end.

By midmorning, the dew has dried and the warmth draws families into the meadows and woods to gather wild berries. Kids while away the hours threading tiny wild strawberries onto stalks of grass, then shape them into wreaths, the red berries brilliant against their flaxen hair.

Nearly 40 different kinds of edible berries grow wild in Finland and ripen throughout the summer. Each bite yields the essence of forest or field, the flavors concentrated from the continuous sunlight. The earliest wild strawberries give way to midsummer's bilberries and the golden cloudberries of late July. Cloudberries absorb a wonderfully dusky flavor from the bogs where they

DARRA
GOLDSTEIN

grow—and where mosquitoes swarm. (Berry pickers head into the woods in armor of netted hats, long sleeves and long pants tucked into socks.)

In late summer, arctic brambles, cranberries, raspberries and the beloved lingonberries (known as "red gold" for their plentiful vitamins and minerals) appear. Near the Gulf of Bothnia, people collect sea buckthorn, a deep-yellow berry extraordinarily high in vitamin C. It's usually made into a puckeringly tart breakfast juice or preserves.

With nearly 200,000 lakes in the country, just about every Finnish summerhouse is on the water, either on a sinuous lake or the Baltic itself. Unless the weather's stormy, all meals are eaten outside to revel in the glorious, fleeting light and watch swans gliding by or bitterns diving for fish.

BERRIES FOR ALL
Finns needn't worry about trespassing—everyone is allowed to gather wild foods wherever they like, as long as they respect the environment.

Mornings often begin with a simple berry porridge. Where winter begs for steaming oatmeal, summer calls for light-as-air *vispipuuro*, a Nordic take on Cream of Wheat. No one knows who first thought to simmer farina with lingonberry or blueberry juice instead of water or milk, but the idea is brilliant. After the porridge cools slightly, it's beaten until doubled in volume and a beautiful shade of magenta. Lunchtime might include a cold fruit soup of rosehips or blueberries. Or you might enjoy a simple *kissell*, a light pudding of fresh berry juice barely thickened with potato starch.

Dinners, usually served late, might include some freshly caught perch grilled over birch wood and tiny new potatoes laced with dill. Then, for dessert, a lavish meringue cake billowing with whipped cream and strawberries, one of Finland's most iconic desserts.

Gathering berries helps define the rhythms of the growing season and offers the joy of a bounty gathered in the meadows and woods, with family and friends, with your own hands. Whether or not you gather them yourself as the Finns do, enjoy this season's berries fresh, whip them into a pudding or bake them into a pie. And don't forget to put some up as preserves, to relive the vibrant tastes of summer throughout the year.

Williams College professor **DARRA GOLDSTEIN** *is the founding editor of* Gastronomica: The Journal of Food and Culture. *Her book,* Fire and Ice: Nordic Cooking at Home, *will be published next year.*

WHIPPED BERRY PUDDING

ACTIVE: 20 MIN **TOTAL:** 3 HRS 10 MIN
TO MAKE AHEAD: Cover and refrigerate for up to 2 days.

This Finnish whipped pudding has a unique, light and airy texture. Unlike American-style puddings made with milk, eggs and cornstarch, this is made with fruit juice, thickened with wheat farina and then lightened by beating air into it with an electric mixer until the texture is reminiscent of marshmallow fluff. Traditionally made with lingonberry or cranberry juice, here fresh blueberries are cooked with water and the juice is strained to flavor the pudding. If you want to use bottled juice instead, skip Step 1 and use 3 to 3½ cups of warm juice in Step 2.

- 4 cups water
- 2 cups blueberries (about 1 pint), plus more for garnish
- ¾ cup wheat farina, such as Cream of Wheat (*not* instant)
- ¾ cup sugar
- 2 tablespoons lemon juice
- ⅛ teaspoon salt

1. Combine water and blueberries in a medium saucepan and bring to a boil over medium-high heat. Simmer, uncovered, for 15 minutes. Strain the blueberries, pressing on the solids, you will have 3 to 3½ cups blueberry juice. (Discard the solids.)

2. Rinse the saucepan and return the juice to it. Stir in farina, sugar, lemon juice and salt. Cook over medium-low heat, stirring, until the mixture has thickened slightly, 2 to 4 minutes. Remove from the heat and let cool for 15 minutes.

3. Transfer the farina mixture to a stand mixer and beat with the whisk attachment on low speed for 1 minute. Increase speed to high and beat until doubled in volume, with a texture similar to fluffy marshmallow, 8 to 10 minutes more.

4. Refrigerate until chilled, about 2 hours. Serve garnished with blueberries, if desired.

SERVES 8: ABOUT ⅔ CUP EACH
Calories 152, **Fat** 0g (sat 0g), **Cholesterol** 0mg, **Carbs** 37g, **Total sugars** 23g (added 19g), **Protein** 2g, **Fiber** 1g, **Sodium** 47mg, **Potassium** 52mg

PHOTOGRAPHED BY MARTHA HOLMBERG; FOOD STYLING BY JEONG KANG (PROPS STYLING BY MARTHA HOLMBERG)

STRAWBERRY MERINGUE CAKE

ACTIVE: 1 HR **TOTAL:** 5 HRS

TO MAKE AHEAD: Store cooled meringue layers (Steps 1-7) in an airtight container in a cool, dry place (not the refrigerator) for up to 1 day. Refrigerate the assembled cake for up to 4 hours. **EQUIPMENT:** Parchment paper

This cake, a classic Finnish summer dessert, consists of crispy, chewy rounds of almond meringue layered with strawberries and whipped cream. For the best results, avoid making the meringue layers on an overly humid or rainy day. The moisture prevents proper crisping.

- 1 cup blanched slivered almonds
- 1¼ cups sugar plus 2 tablespoons, divided
- 6 large egg whites, at room temperature
- ¼ teaspoon cream of tartar
- ⅛ teaspoon salt
- 1 cup heavy cream
- ¼ teaspoon vanilla extract
- 1 pound strawberries, trimmed and sliced, divided

1. Position racks in upper and lower thirds of oven; preheat to 350°F.

2. Place almonds on a baking sheet and toast until fragrant and just golden, 6 to 8 minutes. Transfer to a food processor.

3. Reduce oven temperature to 250°.

4. Add ¼ cup sugar to the almonds; pulse until finely ground. Beat egg whites, cream of tartar and salt in a large bowl with an electric mixer on medium speed until soft peaks form. Increase speed to high and gradually beat in 1 cup sugar. Continue beating until stiff (see *Tip, page 97*). Gently fold in the almond mixture.

5. Line 2 large baking sheets with parchment paper. Draw an 8-inch circle in the center of each to use as a guide, turn the paper over. Evenly spread about 2½ cups of the meringue into an 8-inch round on each baking sheet. Bake the meringues on the upper and lower racks for 1 hour.

6. Reduce oven temperature to 200°. Switch the positions of the baking sheets and continue baking until the meringues feel firm when gently touched, about 1 hour more.

7. Turn off the oven and let the meringues sit with the door ajar until cool, about 1 hour. (The exterior may crack in spots as they cool.)

8. When ready to assemble the cake, whip cream, the remaining 2 tablespoons sugar and vanilla in a medium bowl with an electric mixer until soft peaks form. Carefully transfer one meringue layer to a cake plate and spread with ½ cup of the whipped cream. Top with half of the strawberries and another ½ cup of whipped cream. Place the second meringue layer over the filling and top with the remaining whipped cream. Refrigerate until chilled, at least 1 hour and up to 4 hours.

9. Just before serving, arrange the remaining strawberries on top of the cake.

SERVES 8 1 SLICE EACH

Calories 346, **Fat** 18g (sat 7g), **Cholesterol** 41mg, **Carbs** 43g, **Total sugars** 38g (added 35g), **Protein** 7g, **Fiber** 3g, **Sodium** 90mg, **Potassium** 256mg

LOWER BAD CHOLESTEROL

When healthy adults ate about 2 cups of sliced strawberries every day for one month, their total cholesterol, LDL ("bad") cholesterol and triglyceride levels decreased. The researchers attribute this to the high levels of antioxidants as well as fiber in strawberries.

JELLIED RASPBERRIES

ACTIVE: 20 MIN **TOTAL:** 5¼ HRS

TO MAKE AHEAD: Cover and refrigerate for up to 3 days.

This lightly sweetened dessert looks beautiful with the red raspberries suspended in the purple gelatin. It has a supple texture, not as firm as a classic gelatin dessert since it's not meant to be unmolded. Prepare in a large serving dish or divide the mixture among 8 small glass bowls for individual servings. The smaller portions will set quicker than the single serving dish.

- ½ cup cold water
- 2 envelopes unflavored gelatin
- 3½ cups sweetened black currant juice or cran-raspberry juice
- 2 tablespoons sugar
- 3 cups raspberries (about 1½ pints), divided

1. Measure water into a 2-quart glass measuring cup or other heatproof container. Sprinkle gelatin over the water and stir until evenly moistened. Let stand until the gelatin is soft, about 3 minutes.
2. Meanwhile, combine juice and sugar in a medium saucepan and bring to a boil over medium-high heat. Gradually stir into the gelatin mixture. Continue to stir until the gelatin is completely dissolved, 1 to 2 minutes.
3. Refrigerate the mixture until slightly thickened and syrupy, 2½ to 2¾ hours. Pour a 1-inch layer of it into a 1½-quart glass serving dish. Gently arrange half the raspberries in a single layer on top. Return both containers to the refrigerator for 15 minutes, then pour another layer of gelatin over the berries. Top with the remaining berries and pour the rest of the gelatin mixture over them.
4. Refrigerate until completely set, about 2 hours more.

SERVES 8: ½ CUP EACH

Calories 86, Fat 0g (sat 0g), Cholesterol 0mg, Carbs 15g, Total sugars 12g (added 3g), Protein 2g, Fiber 3g, Sodium 7mg, Potassium 289mg

Stay & Eat

Outside of Helsinki, Finland is dotted with inns and hotels where you can taste the foraged bounty, from berries to birch buds. Here are 5 spots to visit (rates as of May 2014).

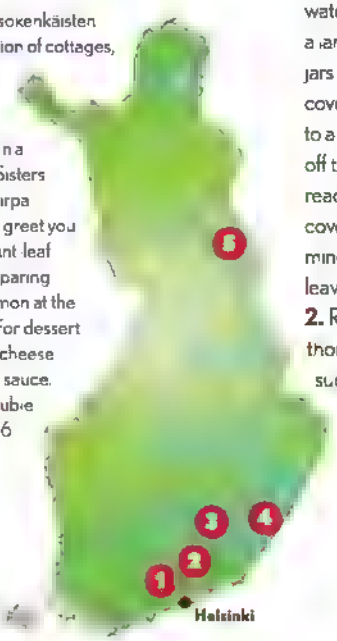
1. Mustio. The coach house of the beautiful 18th-century Svartå Manor Hotel is now an innovative restaurant called Slottskrogen, where the chef works magic with local ingredients, turning birch buds into granita and birch sap into sauce. *mustionlinna.fi/en/welcome* • Double rooms from $166 (Oct.–Apr.); $203 (May–Sept.). Breakfast included

2. Fiskars. Fiskars Wärdshus is Finland's oldest continually operating inn. At the restaurant enjoy snow ham drizzled with black currant vinaigrette and honey, or a slice of luscious raspberry cake. After your meal, visit the Fiskars museum and shop, which specializes in knives and stylish cookware. *wardshus.fi/en/* • Double rooms from $210. Breakfast included

3. Mikkeli. Tertin Kartano offers 5 rooms and a restaurant in an elegant manor house. A lunch buffet features the garden's own herbs, vegetables, berries and orchard fruits. *tertinkartano.fi/eng* • Double rooms from $178

4. Punkaharju. Valtionhotelli, overlooking Saimaa Lake in far eastern Finland, was built as a retreat for the Tsar Nicholas I. The woods are filled with wild mushrooms and berries. Ask the restaurant's chef to whip up a smoothie from fresh strawberries and mint. *punkaharjunvaltionhotelli.fi/in_english.html* • Standard rooms from $166

5. Kuusamo. Isokenkäisten Klubi is a collection of cottages, with saunas. Eat family-style in the main house or order a meal in a Lapp-style hut. Sisters Katja Vira and Sirpa Kämäräinen will greet you with black-currant-leaf juice before preparing "glow-fired" salmon at the central hearth. For dessert have their fresh cheese with cloudberry sauce. *ikk.fi/en/* • Double rooms from $166



MAP: SAKPAL/SHUTTERSTOCK

SPIKES

When healthy women ate bread with b

lingonberries, their insulin spiked less than when they consumed the bread alone. Repeated spikes

lower insulin response after eating bread with berries could be due to the fiber slowing down digestion, the antioxidants or the slight acidity of the berries. —*L*

ROSE PETAL-RASPBERRY JAM

ACTIVE: 40 MIN. **TOTAL:** 1 HR (including canning time) **TO MAKE AHEAD** Store at room temperature for up to 1 year if processed in a water bath. **EQUIPMENT:** 3 (8-ounce) canning jars with new lids

In this recipe, a few fragrant rose petals add a floral nuance to otherwise delicious but plain raspberry jam. If you want to skip canning the jam, store in the refrigerator for up to 2 months.

- 6 cups raspberries (about 3 pints)
- 1½ cups sugar
- 1 tablespoon lemon juice
- 6 aromatic organic rose petals or ½ teaspoon rose water

1. To sterilize canning jars: Put the rack in a water-bath canner or place a heatproof rack in a large, deep pot. Place three 8-ounce canning jars on the rack and add enough water to fill and cover the jars by at least 1 inch. Cover and bring to a boil over high heat. Boil for 10 minutes. Turn off the heat and leave the jars in the pot until ready to use. Place jar lids in a small saucepan, cover with water and gently simmer for 10 minutes (do not boil). Turn off the heat and leave the lids in the water until ready to use.

2. Rinse raspberries briefly under water and thoroughly drain. Combine the raspberries, sugar and lemon juice in a nonreactive, large, high-sided skillet or large pot. Cook over high heat, stirring frequently, until the sugar is melted and the mixture comes to a boil. Reduce the heat to medium-high and cook, stirring constantly, until the berries have broken down and the mixture is thickened and shiny, 8 to 10 minutes. Remove from the heat.

3. If using rose petals, add to the jam and stir for about 1 minute; remove and discard. (Or stir in rose water.) Remove the jars from the hot water and immediately ladle the hot jam into them to within ¼ inch of the rim. (Don't overfill the jars; store any extra in the refrigerator and eat it first.) Wipe the rims with a clean cloth to ensure a good seal. Place lids and dry rings on the jars. Tighten until just finger-tight (won't move with gentle finger pressure) but don't overtighten.

4. Return the jars to the hot water, cover the pot and bring to a vigorous boil. Boil for 10 minutes. Turn off the heat, uncover the pot and leave the jars in the water for 5 minutes. Transfer the jars to a towel. Let stand, without moving, for 24 hours.

5. After 24 hours of cooling, unscrew the rings and wipe any excess moisture off the jars. Then test for the seal by pressing lightly on the center of the lid. It should have a slight concave indentation and neither yield to your pressure nor pop back. If the seal is not complete, store in the refrigerator.

MAKES: ABOUT 3 CUPS (1-TBSP SERVING) **Calories** 32, **Fat** 0g (sat 0g), **Cholesterol** 0mg, **Carbs** 8g, **Total sugars** 7g (added 6g), **Protein** 0g, **Fiber** 1g, **Sodium** 0mg, **Potassium** 24mg.

FIND MORE SUMMER BERRY RECIPES at eatingwell.com/webextra

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THE WILD WORLD WITHIN

Scientists like Jeff Leach have uncovered a metropolis of microbes living in our guts. These little bugs might be the cornerstone of great health and have the potential to improve our weight, mood, allergies, heart health and more.

Barefoot and coated in fine desert dust, Jeff Leach (*opposite*) hops around the fire, adjusting logs. Its roaring glow provides the only light as the sun sinks behind the Chisos Mountains and the desert air cools. It's dinnertime here in Terlingua, the tiny town in southwest Texas that Leach sometimes calls home. We've just finished piercing roughly chopped pieces of leek, onion, beef, green peppers and garlic onto metal skewers, and Leach works at balancing them over the fire. Juices sizzle and the roasting aroma makes my mouth water.

"Have you ever held a colon in your hands?" he asks. *Whoa...*

Talk of belly bacteria, stool samples, bowel movements or your colon isn't supposed to be part of polite (or appetizing) dinner conversation. But eating with Leach requires new rules of etiquette. Actually, it requires rethinking a whole slew of "rules." Once you get talking to Leach and his research colleagues around the world, you quickly realize it's not just about changing dinner-table etiquette—we may be changing how we talk about health entirely. It all centers on the trillions of bacteria living in our gut.

We are more microbe than human. We each carry an estimated four to ten times more bacterial cells than human cells. If you could mush all the bacteria together they'd be the size of a basketball and weigh about three pounds. The invisible world of bacteria that live on and in us is called the microbiome; the gut microbiome is the term for the diverse collection living along our intestinal tract, where the bulk of our tiny partners make their home.

Research on the gut microbiome has exploded over the past few years. This bold new frontier may just provide the string theory of all human disease. "Name just about any ailment plaguing us and you'll find some researchers discovering the microbial angle for a connection," says Leach, whose latest book, *Bloom: Reconnecting with Your Primal Gut in a Modern World*, is due out this fall. Recent studies have implicated gut microbes in everything from autism and depression to cancer and diabetes to heart disease and obesity. (*See "Connecting the Dots," page 90.*) "It's a watershed moment for human health," says Leach.

He should know. Leach—with his frenetic energy, powerful charisma and uncanny ability to step back and connect diverse dots—is one of the most visible leaders of the gut-health movement. In 2012, Leach founded the Human Food Project, a global effort to study how diet affects the microbial world within us. A major arm of that is the American Gut Project,

BY GRETEL H. SCHUELLER

ILLUSTRATIONS BY TREMENDOUSNESS

THIS GUY HAS GUTS!
CHECK IT OUT
WOO HOO
The human gut holds about 3 pounds of bacteria and more than 1,000 different species.
HUMAN
VS
BACTERIAL
The human body is actually only about 25% human cells—most of our cells are bacterial.
HUMAN FOOD PROJECT
More than 7,000 people have already joined in on the world's largest public microbiome project: humanfoodproject.com/americangut

thought to be the largest microbiome project in the world, co-led by Rob Knight, Ph.D., a professor at the University of Colorado's BioFrontiers Institute and a Howard Hughes Medical Institute Early Career Scientist. The goal is to map the diversity of the human gut—and tease out patterns shaped by diet, age and lifestyle to understand the factors most important for a healthy gut microbiome.

So far, more than 7,000 people have signed up for the gut project. After completing a questionnaire and a 7-day food journal, and paying $99, participants send a fecal sample to be analyzed. Some of the questions might seem odd: How many different plants do you eat in a week? Born by C-section? Own a pet? Used an antibiotic in the past month? But Leach explains that all of these things affect your microbiome. And what he and his colleagues are finding is that Americans generally have less-diverse gut microbiomes than other populations. No one knows what the perfect gut microbiome should look like—or if there even is one. But one thing is clear: diversity is key. And we're losing it.

BUILDING THE MICROBIOME

Until the moment we are born, we are still 100 percent human. In other words, bacteria-free. Most of us get our first dose of microbes while traveling through the birth canal. The second big dose comes from breast milk. As babies grow, they pick up critters from dirt, pets, family members and friends. By age 3, the microbiome has pretty much set up camp.

But changing lifestyles are chipping away at that microbiome. Early studies indicate that children born by C-section—which reduces the microbes an infant is first exposed to—have a higher risk of celiac disease, obesity and type 1 diabetes. Add to that decreased breast-feeding and "our overzealous use of antibiotics," says Leach, who compares what antibiotics do to the gut microbiome to clear-cutting a forest. From birth to age 5, children receive more antibiotics than during any other five-year period in their lives. One of Leach's colleagues, New York University microbiologist Martin Blaser, M.D., believes antibiotics have "deranged" the microbiome—even causing some species to go extinct—and that their overuse is why many health problems, including type 1 diabetes, obesity and allergies, are on the rise.

Numerous studies also show that scrubbing away our microbes may be weakening our bodies' natural defenses—something Leach has experienced firsthand: 12 years ago, at age 2, his daughter was diagnosed with type 1 diabetes, an autoimmune disease. "My daughter was born C-section—strike 1; breast-fed very short—strike 2, strike 3, she received antibiotics at a very young age; strike 4, she lived in an environment where we basically wet-wiped everything and bathed her twice a day." Leach feels strongly that her disease is a by-product of our culture.

At the time, Leach, who has a Ph.D. in anthropology, was studying how ancient people acquired and cooked foods. "When my daughter was diagnosed, the only thing I could do was to try to understand why she was sick. I just started emailing microbiologists and asking questions." He learned that this autoimmune disease is an overreaction of the immune system. And the bulk of immune cells live in the gut. So into the gut he went—and stayed.

His new focus is actually not that much of a leap from anthropology. "If microbiome research is anything, it's anthropology—about how people interact with their environment," notes Leach.

Here in this remote desert town, Leach's life is a sharp contrast to his sanitized suburban past. (He and his wife divorced and the children live with her most of the year.) When he's not traveling for research, Leach spends time in an adobe ruin that he's rehabbing. The fire pit is his kitchen. He has an open-air shower and the toilet is in a doorless shed. Only one 7-by-12-foot room is closed to the elements; it includes a single cot, desk, laptop computers, leaning towers of research papers and...a few dozen poison-tipped arrows (we'll get to those soon). Out here, Leach is reconnecting with his microbes because he knows how critical they are.

"We should start thinking about diets from the perspective of what we should be feeding our gut microbes. Nothing matters more."

Most of our resident gut bacteria are real workhorses. Some aid in digestion and produce enzymes to break down foods. Others make vitamins, like B_{12} and K, and other vital compounds, such as the feel-good chemical serotonin. A few help keep the intestinal lining impenetrable. Some gut bacteria help regulate metabolism. And others boost immunity and fight pathogens. Of course, not all bacteria are beneficial. Some amplify inflammation or cause life-threatening infections. But we carry them all naturally; they only create problems when the microbial balance becomes disturbed. There are many ways our microbiome can get off-kilter and make us prone to infections or disease. For example, taking antibiotics shifts the balance of microbes in our gut. As a result, the infectious dose of *Salmonella* is a thousand times lower for someone who's on antibiotics. Diet is another way we can tip the balance unfavorably.

ESSENTIAL FUEL FOR YOUR MICROBIOME

"We should start thinking about diets from the perspective of what we should be feeding our gut microbes," says Leach. "Nothing matters more."

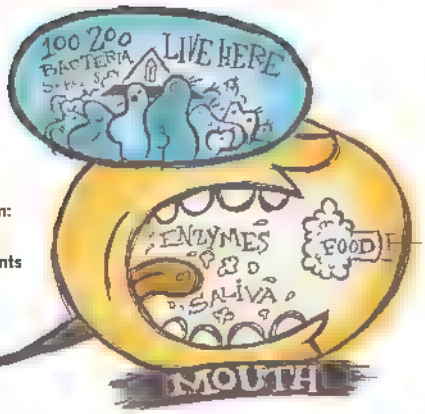
A seminal study published in *Nature* last year compared the gut microbiome of people eating an entirely animal-based diet (meats, cheeses and eggs) with one that was completely plant-based (grains, legumes, vegetables and fruits). Just one day on either diet was enough to dramatically shift the gut microbiome of participants. While researchers knew that diet could cause changes to the gut microbiome, this was the first study to show such a rapid effect in people.

Leach is doing similar, informal tests on himself. Since January 1 of this year, he's been trying out different diets: fermented foods, vegan, raw food, Paleo and others. He's following each one for 10 to 12 days, collecting daily stool samples. By "whacking his microbiome around" (as he refers to it) he hopes to zero in on the key foods that fuel the good and bad players of the gut. His first trial was a high-fat (70 percent of calories), average-protein (25 percent) diet with little carbohydrate and near zero dietary fiber. This diet, he explains, starved his microbes of food. Proteobacteria, practically nonexistent

PREVIOUS PAGE: PHOTOGRAPH BY JESSICA LUTZ. SOURCE: OPPOSITE: HUMAN MICROBIOME PAQS: A REPORT FROM THE AMERICAN ACADEMY OF MICROBIOLOGY 2013

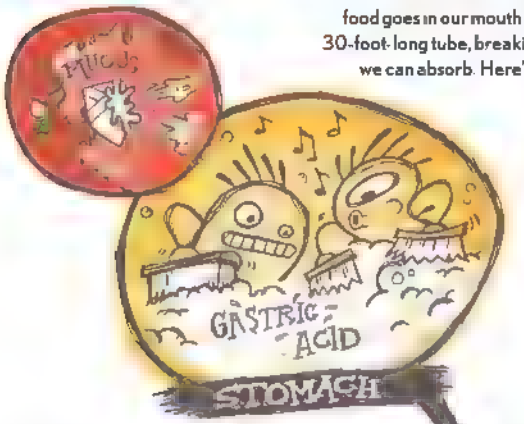
ALL ABOARD DIGESTION TRAIN

We—like most animals—have a tube-like digestive system: food goes in our mouth and then travels along a twisting 30-foot-long tube, breaking down what we ate into nutrients we can absorb. Here's what happens along the way.



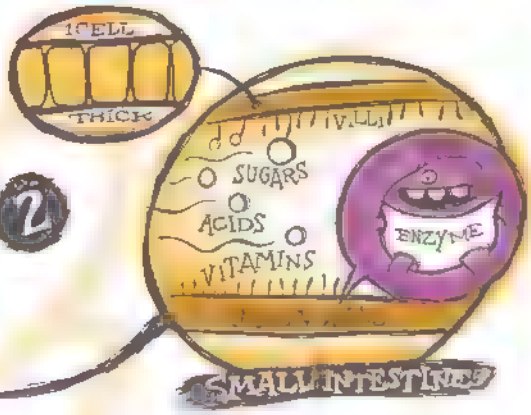
1

Your teeth tear up food into smaller bits. Saliva and enzymes help break it down into a slurry. Emerging science shows maintaining a diverse community of creatures in your mouth may be important for oral health, to prevent cavities and gum disease.



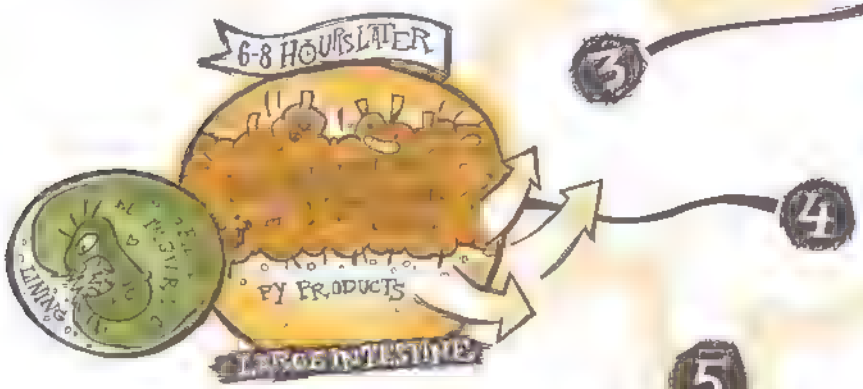
The stomach is like a powerful washing machine that churns food around and bathes it in enzymes and powerful gastric acid. This low pH is necessary to activate pepsin, an enzyme that breaks down protein. ■ Stomach acid has a pH of about 1 to 2, while the rest of your body hovers around 7. The acid bath helps kill off most—but not all—things that may be living in your food. ■ Some bacteria can survive, depending on how they're bound to food, how much you've eaten and whether your stomach is producing enough acid. Because stomach acid is so corrosive, your stomach lining secretes a thick mucus layer to protect itself.

2



Coiled just below your belly button, the 15- to 20-foot-long small intestine is where nutrient absorption begins. ■ Enzymes do the heavy lifting here. Bile (made in the liver), pancreatic enzymes and other digestive enzymes produced by the inner wall of the small intestine help break down your food. But most of the enzymes come from bacteria. For example, just one bacterial species in our gut, *Bacteroides thetaiotaomicron*, possesses more than 260 carb-chomping enzymes. In contrast, our bodies produce less than 20. ■ The lining of the small intestine is covered with millions of microscopic, finger-like projections called villi, which increase surface area to better absorb nutrients, which are then sent off into your body. If you were to stretch out all the folds of your small intestine it could cover a tennis court!

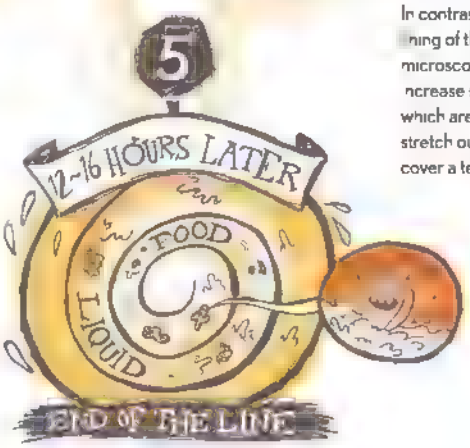
3



4

The large intestine, aka the colon, is where the microbial magic really happens. At up to 100 billion to 1 trillion bacterial cells per milliliter, the colon is home to the highest microbial density in our body—and the highest known on Earth. ■ Those bacteria help digest the remaining food—feasting on fibers, fermenting them and creating crucial by-products, such as fatty acids that your body needs. ■ If the bacteria don't get enough to eat—namely fiber—they eventually begin to chomp away at the cells lining the colon. And that can lead to inflammation.

5



FEED YOUR BUGS

EAT YOUR FIBER

There are many kinds of fiber and they are not all created equal as far as your gut bacteria are concerned. So while those bowlfuls of kale and towers of tomato slices are doing your body good in other ways, your bacteria could care less. To flourish, the bacteria in your colon need the kind of fiber found in foods that are at the top of the scale below. These foods are particularly rich in a group of fibers called fructans—a type of prebiotic. Experts estimate that the average American only gets about 1 to 4 grams of these fructan-type fibers a day.

Start adding fructan-rich foods slowly—particularly if you've been eating low on the gut-friendly fiber spectrum. The gradual increase will help you avoid belly bloating and gas.

GRAMS OF FRUCTANS*	
	SUPER
47	1 c. Jerusalem artichoke
29	½ c. chicory root
10	1 leek
9	1 c. white onions
6	1 c. raspberries
6	1 artichoke
6	1 c. cooked beans
5	5 asparagus spears
	GOOD
3	6 cloves garlic
1	½ c. wheat bran
1	1 nectarine
1	1 c. watermelon
1	1 medium banana
1	1 pear
	SUB-PAR
0.7	1 c. blueberries
0.7	1 c. broccoli
0.3	1 c. kale
0.2	2 c. red leaf lettuce
0	Tomato
0	Carrot
0	Green lettuce

*Average content of fructans in grams for raw food. Storage, preparation, etc. can affect fructan content

Another Fiber to Eat

Gut bacteria also like to feast on [illegible]. These bits are high in cellulose, an insoluble fiber that has also been shown to promote good gut microbes.

before, increased. "This group includes a lot of your bad guys—*E. coli*, *Salmonella*. They are associated with inflammation and may increase your risk of disease." At the same time, numbers of actinobacteria, typically considered good guys and known to suppress proteobacteria, dropped. He's since done several variations of this diet—adjusting fat, carbs, protein and fiber. "It's the fiber that's the game changer," Leach says. Adding 40 to 60 grams of fiber per day seems to shift his gut microbiome toward a diverse, more beneficial mix of microbes.

Here's why: like all living things, bacteria need food to survive. They do that by fermenting—that's the way these guys "eat"—dietary fiber. But gut bacteria are picky. Only certain types of fiber will do—and most of us don't eat enough of the kind that bacteria need. Fibers are like pearl necklaces of varying bead-length. Most fibers we eat are so short, they get chomped long before they make it to where bacteria are concentrated, the beginning of the large intestine, aka the colon.

Two fiber types long enough to survive the length of our GI tract are fructan and cellulose fibers—part of a group of foods known as prebiotics, foods that encourage the growth of good bacteria. Cellulose fibers are in the tough parts of veggies and fruit we tend to toss—like the stalks of broccoli and bottoms of asparagus—and the stringy bits of celery. Fructan fibers are found in many fruits and vegetables—from artichokes to onions (*See "Feed Your Bugs," left.*) But how you prepare these foods also matters. That's because heat breaks down fibers. Consider the onion—a good source of fructan: the average chain length of fructan in an onion is 26. A little bit of cooking breaks the onion fibers down to 8 or 10 beads. The shorter the chain, the sweeter the food—which is why deliciously sweet caramelized onions retain little fructan fiber benefit.

Leach does a little show-and-tell at Terlingua's only grocery, the Cottonwood General Store. "This is probably the healthiest thing in the store for your gut microbiome," he says, holding a leek almost as long as his arm. He points to the white part: "These store fructans. I'd say this probably does more good for you than a wheelbarrow full of yogurt." Then, he points to the green top of the leek: "That's the cellulose, which has a chain length of a couple thousand

IN THE WILD Since 2013, Leach (*center*) has been traveling to Tanzania to study the Hadza, one of the last groups of hunter gatherers. His research includes collecting stool samples and shipping them in liquid nitrogen (*right*) to a global team of researchers. The Hadza microbiome has hundreds more species than the average American's. One reason why: their fibrous tuber rich diet (*left*).

'beads.'" A few onlookers stare at the leek in awe. Silence. "You could eat this whole leek and change your microbiome in 48 hours," Leach proclaims. In other words, if you eat this, the good guys will come. In contrast, he pulls out a bag of baby carrots. "We think we're doing well when we steam these for dinner," Leach says. And for some purposes we are. But there's not much here to feed your gut microbes.

"Name just about any ailment plaguing us and you'll find some researchers discovering the microbial angle for a connection."

When he's not using himself to road-test various diets, Leach practices what he preaches, eating a (lightly sautéed) leek a day—"The whole thing," he emphasizes, "from muddy roots to fibrous green tops." In fact, he convinced this tiny grocery store in the middle of a desert to carry leeks.

Gut microbes feast away on those fibers in a fermentation frenzy. Some of fermentation's most beneficial by-products are short-chain fatty acids that provide energy for intestinal cells, help repair the colon's protective lining and increase the acidity of the colon. Most infection-causing bacteria—as well as other microscopic troublemakers like parasites—don't do well in acidic environments.

A GUT WITHOUT FIBER

Starve your gut friends and the consequences can be toxic. Without fiber, the colon environment favors unsavory microbes. No fiber also means no more short-chain fatty acids, paving the way for less-desirable bacteria to flourish. Over time, starving bacteria start eating us—specifically the lining of the colon. Normally, the intestinal lining is a selective barrier between our digestive tube and the rest of our body—harder to break into than a trendy club, good bacteria like bifidobacterium act as buff bouncers, making sure only the worthy get past. Over time, eating a low-fiber diet can weaken these defenses, allowing bits of dead bacteria to get into the bloodstream. "This is what causes low-grade inflammation," Leach explains.

Chronic, low-grade inflammation can raise your risk for various chronic diseases—and it is a hallmark of metabolic syndrome, a collection of conditions that can include insulin resistance, elevated blood sugar and high blood pressure. Patrice Cani, Ph.D., a microbiologist at the Catholic University of Louvain in Belgium, is one of the leading researchers looking at the connection between inflammation and gut microbes. His work has shown that a high-fat, low-fiber diet increases inflammation—that's probably not a big surprise. The real shocker came when he and his colleagues fed gut-friendly plant fibers to mice on a high-fat diet: they were able to stop the whole inflammation cycle that fuels metabolic syndrome.

5 Ways to Get More Fiber-Packed Foods Into Your Diet By Carolyn Malcoun

1. Toss raw shaved Jerusalem artichokes or asparagus into salads or slaws.
2. Shred broccoli stems and use in place of cabbage in coleslaw (*or see page 28*).
3. Rub whole leeks with oil and grill briefly; toss with your favorite vinaigrette.
4. Quickly stir-fry celery with ginger, garlic, soy sauce and peanuts.
5. Toss artichokes into pasta with marinara sauce, sprinkle on pizza or add to salad.

For more inspiration, tips and techniques on how to make the most of all your produce, check out Tara Duggan's *Root to Stalk Cooking: The Art of Using the Whole Vegetable* (Ten Speed Press, 2013).

J. LEACH, HUMAN FOOD PROJECT

OUR ORIGINAL MICROBIOME

After our fireside dinner, Leach invites me into his adobe ruin to show me photos of the people he says will help us better understand the gut microbiome. They carry a gut microbe mix that's close to the one our ancestors had, Leach believes. Photos of men hunting, straw huts and smiling children cover the walls. Leach is animated and starts pulling out souvenirs to show me: a drum, sandals made of old tires. Then he brings out the arrows. Colorful feathers decorate the tail ends and the metal tips are sharp—and covered with dried blood. "Careful, don't touch the tips. They're poison." The arrows belong to the Hadza of Tanzania, "the last true hunter-gatherers in the world," he says. "They live where humans evolved; it's as close as we can get to the original microbiome."

For the past year, Leach has been spending time with this dwindling tribe of roughly 300 people. The Hadza still hunt and gather the majority of their food, have limited access to antibiotics, are born naturally, breast-feed for two-plus years, drink untreated water and live outdoors 24-7—all things that encourage a diverse gut microbiome. While infant mortality—as in many developing countries—is high, Hadza adults are healthy and rarely suffer from "modern" diseases like heart disease, diabetes, allergies and cancer, according to Leach. Their diet shifts dramatically over the year: during the rainy season from February to April, as many as 80 percent of their calories come from honey; in contrast, late fall is characterized by meat binging. What remains constant is their average daily fiber intake: more than 100 grams. Most comes from the seeds and pulp of the fructan-rich baobab fruit and fibrous tubers.

It's here with the Hadza that Leach sees the puzzle pieces fitting together—how the "dirty" world of the Hadza mirrors the robust world of their gut. "Once you've sat under a baobab tree for two weeks and watched how they drink water, build their houses, handle animals, travel—and the things they don't do—there's a lot of eureka moments." Fieldwork to help understand the bigger picture is what Leach does best. For the analysis and lab work, he has brought together a global "dream team," as he calls them.

"Intellectually, [Leach's] background and perspective are huge assets to the project," says Justin Sonnenburg, Ph.D., a microbiologist at Stanford University who collaborates with Leach and runs one of the labs involved in the Human Food Project. He receives some of the stool samples Leach collects from the tribe. Other samples arrive to other "dream team" members.

The first report on the Hadza microbiome was recently published, showing the hunter-gatherers probably have the most diverse gut microbiome in the world, with hundreds more species than most other people. "It suggests that the microbiome is going through extinctions as food becomes more processed and less diverse," notes Sonnenburg. "What does it mean if the world is heading down a path of reduced microbiome diversity?" He points to the fact that most Western diseases are spurred by inflammation.

This is why, taking a few lessons from the Hadza, we could do with a little rewilding of our gut microbiome. *(See "Re-Wild Yourself," left.)*

Right now, Leach is on a break from his diet experiment. So we sip tequila and eat some queso and chips at the local watering

(continued on page 91)

RE-WILD YOURSELF

For most of human history, we shared a pretty intimate relationship with the microbes on our planet. But modern life has scrubbed away at that connection—and the resulting lack of robust diversity may be hindering our health. Here are 5 simple ways you can rekindle your microbial connections—without sacrificing basic hygiene. And yes, you still need to wash your hands!

Curb antibiotics: Antibiotics save lives and fight disease-causing infections. Yet antibiotics are indiscriminate: they wipe out the good and the bad guys in our body. And we've tended to use them liberally—such as for viral infections (which antibiotics can't fight) or as prophylactics. That practice is changing, but talk to your doctor and make sure the antibiotics you're prescribed are necessary.

Open a window: Modern architecture—with sealed windows and filtered air—has changed our microbial surroundings and in some cases may actually increase the number of disease-causing microbes. A national activity survey found that Americans spend more than 90 percent of their lives indoors. Opening windows helps to "re-wild our homes and indoor environments," says Jeff Leach, Ph.D., anthropologist and author of *Bloom: Reconnecting with Your Primal Gut in a Modern World*.

Grow a garden: Getting a little dirt (and the critters in it) under your fingernails is one way to enhance your microbial diversity. People raised on farms, for example, are less prone to asthma and allergies.

Get a pet: A recent study in *LIFE* found that homes with dogs had more diverse microbes. Other studies looking at dog ownership indicate that kids raised in homes with dogs have a lower risk of developing respiratory problems. Studies looking at cat ownership support some similar benefits.

Wash with soap & water: To prevent the spread of infectious germs, washing with plain soap and water is just as effective as using antibacterial soap. More important, triclosan, an antibacterial agent found in many soaps and other products, may have harmful health effects, according to a variety of health studies. A study in Norway, for example, has shown that triclosan exposure is associated with respiratory allergies in children.

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CONNECTING THE DOTS: YOUR GUT & YOUR HEALTH

There's no doubt that the teeming populations of gut microbes within us have evolved complex connections that affect our body's basic functions—from metabolism to sleep to mood. Changes in the makeup of the gut microbiome have been associated with a growing number of diseases. It's important to remember, though, that the science is still young and evolving. Here we highlight the most intriguing of the cutting-edge studies.

HEALTHY HEART

Some of the many beneficial compounds that certain gut bacteria produce for us are carotenoids—antioxidants that are believed to protect against stroke and angina. In a 2012 study in *Nature Communications*, researchers in Sweden compared the gut microbiome of stroke patients to that of healthy subjects and found that there were more carotenoid-producing gut bacteria in healthy participants.

Stanley Hazen, M.D., Ph.D., and his team at the Cleveland Clinic have been looking at a variety of ways microbes play a role in heart disease. For example, when certain gut bacteria metabolize lecithin (abundant in egg yolks) and carnitine (a compound in red meat), it boosts compounds in the blood that are linked to an increased risk of heart attack and stroke. Remove the bacteria and the risk-causing compounds vanish even after eating those foods.

ALLERGIES DENIED

Researchers in Copenhagen reviewed the medical records and stool samples of 411 children for 6 years and found that those who had the least diverse colonies of gut bacteria as infants were more likely to develop some types of allergies.

TRIM WEIGHT

A growing body of studies indicates that obese people tend to have a much lower diversity of gut bacteria—up to 40 percent less—than people with a healthy weight. And gut microbes may be responsible for those lean or plump traits: several studies with mice have found that transferring gut microbes from obese mice (or from obese humans) into nonobese mice, leads the nonobese mice to gain weight—while adding gut bacteria from lean mice into heavy ones causes the chubby mice to lose weight on a high-fiber, low-fat diet. Researchers believe different bacteria metabolize food differently, which could affect how much your body absorbs.

LOWER BLOOD PRESSURE

A 2013 study in the *Proceedings of the National Academy of Sciences* suggests certain gut microbes may help lower blood pressure. Researchers found that by-products produced by certain gut bacteria activated a specific kind of cell receptor in blood vessels that lowers blood pressure. More bacteria equals more by-products, which equals healthier blood pressure.

FIGHT CANCER

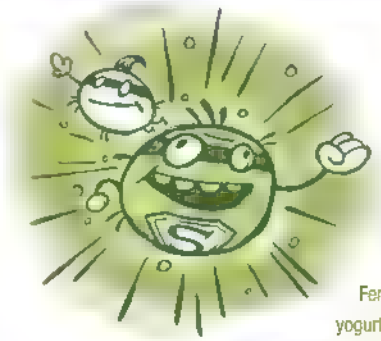
A robust and diverse gut microbiome may help certain chemotherapies work better. French researcher Laurence Zitvogel, M.D., Ph.D., and his colleagues observed that gut bacteria in mice encouraged immature immune cells in the lymph nodes to develop into tumor-targeting T-cells. In contrast, when mice were treated with antibiotics (which wipes out bacteria) before beginning chemotherapy, the chemotherapy was less effective. The researchers believe the gut bacteria help prime the immune system to respond to chemotherapy.

Some microbes may be associated with colon cancer. University of Michigan researchers exposed two groups of germ-free mice—essentially mice with sterile colons—to a known carcinogen. One group then received gut bacteria from mice with colon cancer and went on to develop twice the number of tumors than the other group who got gut bacteria from cancer-free mice. The researchers narrowed down the microbial families associated with colon cancer and one included *Prevotella*.

People with inflammatory bowel disease are at higher risk of developing colon cancer than the general population. Researchers have thought that the main culprit is overactive immune cells, which release DNA-damaging molecules. Now new findings in *Science* suggest that overactive immune cells also may be causing an imbalance in your gut bacteria—encouraging *E. coli* strains that produce cancer-causing toxins.

RELAXED & HAPPY

There's something to be said for "gut feelings." Gut bacteria produce hundreds of different neurotransmitters, including up to 95 percent of the body's supply of serotonin, a mood and sleep regulator. Serotonin also controls movement within the intestines. Our gut is said to be our "second brain" in part because the vagus nerve is a major communications highway that stretches from the brain to various points along the intestinal lining; communication travels in both directions. One *Lactobacillus* species, for example, sends messages from the small



The Power of Fermentation

Fermented foods like miso, kimchi, sauerkraut, yogurt, kombucha and kefir contain good bacteria called probiotics. So far the research on probiotics' health benefits is limited. What science has shown to date is that probiotics can help with diarrhea, certain respiratory infections and irritable bowel syndrome. And in high doses, specific strains of probiotics could protect against insulin resistance, obesity and high cholesterol. It's unclear whether fermented foods have any lasting effect on the gut microbiome, but Stanford microbiologist Justin Sonnenburg, Ph.D., believes they may increase the diversity of gut microbes and that's likely to be health-promoting. And more promising studies are on the way, he says. You can also get probiotics in supplement form. But only roughly 20 strains (compared to more than 1,000 in your gut) are available in supplements. Storage can impact bacteria counts, so your best bet is to store supplements in the fridge to keep the bacteria alive longer.

intestine to the brain along this nerve. In a study led by John Cryan, PhD, a neuroscientist at University College Cork in Ireland, anxious mice dosed with a proprietary strain of *Lactobacillus rhamnosus* had lower stress hormone levels and an increase in brain receptors for a neurotransmitter that's vital in curbing worry, anxiety and fear. The effects were similar to those of Valium. According to another study, when mice had this bacteria in their gut, they showed less depressive behavior. Whatever bacteria may be responsible for "feeling good," it appears they can be acquired: a recent experiment moved gut bacteria from fearless mice into anxious mice. The new bacteria sparked a personality change, making timid mice more gregarious.

AUTOIMMUNITY EXPLAINED

Dan Littman, MD, PhD, a microbiologist at the NYU School of Medicine, led a study that found an association between the gut bacteria *Prevotella copri* and the onset of rheumatoid arthritis, an autoimmune disease of the joints. While the connection was significant, it's not clear which comes first: the bacteria or RA. However, other animal studies, Littman says, have clearly shown that gut microbes play a role in causing autoimmune diseases. One of these, published in 2013 in the journal *Science*, showed 75 percent of female mice at risk of autoimmune type 1 diabetes were protected against the disease when they were given gut bacteria from healthy mice.

MANAGE CROHN'S

A large study out of Massachusetts General Hospital involving more than 1,500 patients recently reported a connection between gut microbes and Crohn's disease (an inflammatory bowel disease that can affect any part of the GI tract, but typically the intestines). In addition to having less diversity, Crohn's patients had fewer bacteria known to quell inflammation and more bacteria that cause inflammation.

Interestingly, those who received the standard antibiotic treatment for Crohn's had a microbe mix that was even more out of balance. Another study found that when Crohn's patients were given a prebiotic fiber supplement each day, disease symptoms decreased significantly.

(continued from page 88)

hole. (Not so gut-friendly, he acknowledges, but the occasional treat is OK.) I dunk a chip as Leach sketches a colon on my notepad. Patrons at a nearby table nod with understanding—they're familiar with Leach, who they sometimes affectionately call "Dr. Sh*t." They appreciate his crusade as an environmentalist for the ecosystem within us.

There's certainly more to be discovered in this diverse world tucked inside our bellies. But Leach believes we should already feel empowered. His basic message: increase and diversify your plant intake. The foods you pick "should be chewy, should get stuck in your teeth," he says. "Eat the end of the asparagus, the stalk of the broccoli. Become a little more adventurous in the produce section. This is a part of your health you can control. You can shift your microbiome."

GRETEL H. SCHUELLER *has written for* Scientific American, Discover *and* New Scientist. *She is also a children's book author.*

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IN PART

LivingWell

ASK STACY: *"What's the best way to season my cast-iron skillet?"* // PAGE 96

TEST KITCHEN

SWEETEN the pie with just 1/3 cup sugar
REPLACE more than half the heavy cream in the filling with vanilla Greek yogurt
When you make one of these lightened-up pies, you'll save about 150 calories and half the saturated fat per serving versus traditional ice cream pies.
Just Chill
ADD
SWAP heart-healthy canola oil for butter in the crumb crust
ICE CREAM PIES

M WESTPHALEN STYLING STACY FRASER & HILARY MEYER FOOD, CAREY NERSHI PROPS

TEST KITCHEN

Easy-Freezy Ice Cream Pies: 1 Recipe, 4 Steps, 5 Flavors

ICE CREAM PIE MASTER RECIPE

ACTIVE: 25 MIN **TOTAL:** 5 HR 40 MIN
EQUIPMENT: 9-INCH PIE PAN (NOT DEEP DISH)
TO MAKE AHEAD: Once frozen, wrap and freeze for up to 5 days.

Use this recipe as a guide to make healthier ice cream pies. First, choose a flavor from the chart below and then pick the type of crust you want to go with it (graham cracker, gingersnap or chocolate snap).

CRUST

- 2 cups coarsely crumbled graham crackers, gingersnaps or chocolate snaps *(see Tip, page 97)*
- 3 tablespoons canola oil

FILLING

- ¾ cup heavy cream
- ⅓ cup sugar
- 1 cup nonfat vanilla Greek yogurt

FLAVORING & TOPPING *(see chart below)*

1. To prepare crust: Preheat oven to 350°F. Coat a 9-inch pie pan with cooking spray. Place crumbled graham crackers (or snaps) in a food processor and process until finely ground. Add oil and process until well combined. Using your fingertips or the back of a spoon, press the crumb mixture into the bottom and up the sides of the prepared pan. Bake for 10 to 12 minutes. Let cool completely before filling.

2. To make filling: Whip cream in a medium bowl with an electric mixer until starting to thicken. Add sugar and continue whipping until stiff peaks form. Gently fold in yogurt. Fold in **Flavoring**. Spread the mixture into the cooled crust and decorate with **Topping**. Freeze until very firm, at least 5 hours. To serve, let the pie stand at room temperature until softened slightly, about 15 minutes, before slicing. **SERVES 8**

Press

Flavor

Decorate

Freeze

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BLACKBERRY-LEMON

MOCHA

STRAWBERRY-LIME

GRASSHOPPER

MANGO-COCONUT

	BLACKBERRY-LEMON	MOCHA	STRAWBERRY-LIME	GRASSHOPPER	MANGO-COCONUT
FLAVORING	2 cups blackberries, pureed and strained through a fine sieve 2 tsp. lemon zest	1 Tbsp. cocoa powder plus 2 tsp. instant espresso or coffee powder dissolved in 2 Tbsp. water	1 cup sliced strawberries, pureed 2 Tbsp. white rum 2 tsp. lime zest	¼ tsp. peppermint extract 2-4 drops green natural food dye	1 ripe mango, finely chopped 1 small banana, pureed ½ tsp. coconut extract
TOPPING	1 cup blackberries	¼ cup chocolate-covered espresso beans, chopped	1 cup sliced strawberries 1 tsp. lime zest	¼ cup crumbled chocolate snaps	2 Tbsp. toasted coconut flakes *(see Tip, page 97)*

For nutrition analysis, turn to the recipe index on page 98.

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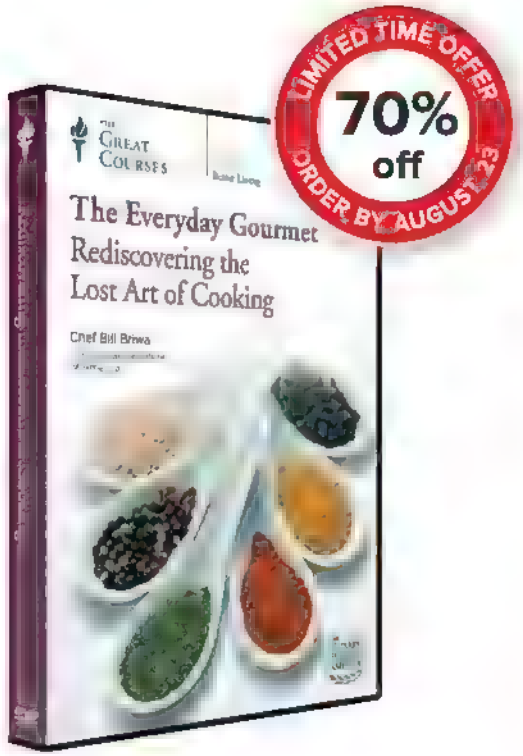

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Taught by Chef-Instructor Bill Briwa
THE CULINARY INSTITUTE OF AMERICA

LECTURE TITLES

1. Cooking—Ingredients, Technique, and Flavor
2. Your Most Essential Tool—Knives
3. More Essential Tools—From Pots to Shears
4. Sauté—Dry-Heat Cooking with Fat
5. Roasting—Dry-Heat Cooking without Fat
6. Frying—Dry-Heat Cooking with Fat
7. From Poach to Steam—Moist-Heat Cooking
8. Braising and Stewing—Combination Cooking
9. Grilling and Broiling—Dry-Heat Cooking without Fat
10. Stocks and Broths—The Foundation
11. The Stir-Fry Dance—Dry-Heat Cooking with Fat
12. Herbs and Spices—Flavor on Demand
13. Sauces—From Beurre Blanc to Béchamel
14. Grains and Legumes—Cooking for Great Flavor
15. Salads from the Cold Kitchen
16. Eggs—From the Classic to the Contemporary
17. Soups from around the World
18. From Fettuccine to Orecchiette—Fresh and Dry Pastas
19. Meat—From Spatchcocked Chicken to Brined Pork Chops
20. Seafood—From Market to Plate
21. Vegetables in Glorious Variety
22. A Few Great Desserts for Grown-Ups
23. Thirst—The New Frontier of Flavor
24. Crafting a Meal, Engaging the Senses

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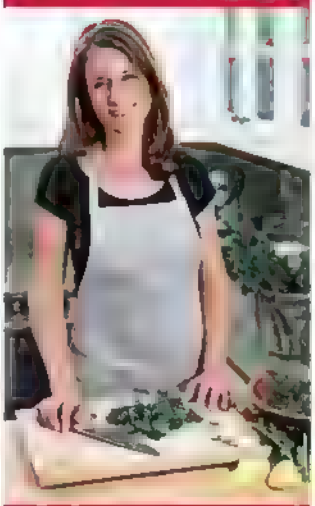

Stumped in the Kitchen?

Send your cooking questions to Test Kitchen Manager Stacy Fraser at askus@eatingwell.com

Q. I have a cast-iron skillet that I'd like to start using more, but it needs to be reseasoned. What's the best way to season it? *—M. Rose, Seattle, WA*

A. A well-seasoned cast-iron skillet is virtually nonstick, so it's worth taking the time to season (or reseason) correctly. If you have a new skillet or an old one you want to rehab, the method is the same: Cover the bottom of the pan with a thick layer of kosher salt. Add about half an inch of oil and place over high heat. When the oil starts to smoke, pour the salt and oil into a heatproof bowl to cool before discarding. Using a ball of paper towels, rub the inside of the pan until smooth. When you clean your cast-iron skillet, don't use soap or a dishwasher. Just scrub it with a stiff brush and hot water and then wipe dry with a towel or set it over low heat until dry

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TIPS & NOTES

What is buttermilk & an easy substitution (*pages 42, 70*) Buttermilk is a thick, tangy cow's-milk dairy product great for baking, salad dressings and marinades. Low-fat and nonfat versions can be used interchangeably in most recipes. Look for it in quart containers in the dairy section of the supermarket. In a pinch, you can make a substitute: Mix 1 tablespoon lemon juice or vinegar into 1 cup low-fat or nonfat milk.

For the best flavor, toast coconut flakes (*page 94*): Cook in a small dry skillet over medium-low heat, stirring constantly, until fragrant and lightly browned, 2 to 5 minutes.

Make a healthier cookie crust (*page 94*): Choose cookie brands without any partially hydrogenated oils (trans fats). We like Mi-Del ginger and chocolate snaps. Look for them in the natural-foods section of well-stocked supermarkets and natural-foods stores.

Perfect meringue egg whites (*page 77*) When egg whites are beaten to "soft" peaks, the whites will still be soft enough to curl over. The whites are considered "stiff" peaks when they remain stiff and upright in the bowl on the beater.

Plan ahead when preparing a butterflied leg of lamb (*page 60*): Call your butcher a day or two in advance and ask them to "butterfly" a boneless leg of lamb for you (that is, open it up to a large, flat cut of meat) as well as trim off most of the visible fat.

Tricks for rolling out pizza dough (*page 48*): Turn the dough out onto a lightly floured surface. Dust the top with flour; dimple with your fingertips to shape into a thick, flattened circle—don't worry if it's not perfectly symmetrical. Then use a rolling pin to roll into the desired size. If your dough "resists" being rolled out, let it rest for about 15 minutes, then try rolling it out again.

DIY lean ground pork (*page 28*): Depending on your supermarket, it might be hard to find a lean option for ground pork. But it's easy to make your own in a food processor. Choose a lean cut, such as loin or tenderloin. Cut into pieces and then pulse in a food processor until uniformly ground (being careful not to overprocess, turning the meat into mush). Or ask your butcher to grind it for you. Using lean pork instead of regular ground pork saves up to 164 calories and 5 grams of saturated fat per 3 ounces of cooked meat.

No smoker box? No problem. To quick-smoke on a grill (*page 72*) without a smoker box, you can improvise one: Fold a 12-by-20-inch piece of heavy-duty foil in half to create a 12-by-10-inch double-thick piece. Place soaked woodchips in the center, fold the short ends over the woodchips and seal the open ends. Make several small holes in the top of the packet. Place the packet, pierced-side up, under the grill rack on the coals or burners.

Seed your tomatoes (*page 42*) for seed-free soups, sauces and stews: Cut the tomato in half crosswise and scoop out the seeds with your finger while gently squeezing.

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RECIPE & NUTRITION INDEX

		45 MIN OR LESS	BUDGET	CALORIES	FAT/SAT (g)	CARBS (g)	FIBER (g)	SODIUM (mg)	LOW-CAL	HEART-HEALTHY	VEGETARIAN	VEGAN	GLUTEN-FREE	DAILY VALUE (15%+) CALCIUM	FOLATE	IRON	VITAMIN A	VITAMIN B_{12}	VITAMIN C
79	Rose Petal Raspberry Jam		■	32	0/0	8	1	0			■	■	■						
36	Berry Sangria	■		92	0/0	15	2	1			■	■	■						40
36	Cucumber & Melon White Sangria	■		146	0/0	9		2			■	■	■						19
36	Plum & Cider Sangria	■		137	0/0	1	1	0			■	■	■						
36	Watermelon Rosé Sangria	■		227	0/0	22		10			■	■	■						
58	Crispy Speck & Melon Salad	■		79	5/1	4	0	366	■	■			■				15		
58	Grilled Eggplant Dip		■	52	2/0	9	2	35	■	■	■	■	■						
57	Lemon Thyme Whipped Ricotta	■	■	88	5/3	4	0	22	■		■		■	15					
40	Black-Eyed Peas & Okra			154	4/1	24	6	249	■	■			■						32
40	Grilled Okra & Hot Peppers	■	■	71	4/1	9	4	299	■	■	■	■	■		17		18		57
61	Heirloom Tomato Salad with Fried Capers	■		103	8/1	7	2	196	■	■	■	■	■				30		41
42	Okra & Red Pepper Cornbread		■	123	4/1	19	2	356	■	■	■		■						15
61	Rosemary Roasted Potatoes & Sweet Onions		■	218	9/1	32	3	304	■	■	■	■	■						20
42	Southern Ratatouille	■		84	2/0	15	6	305	■	■	■	■	■		19		32		84
35	Mozzarella, Basil & Zucchini Frittata	■	■	292	21/7	8	2	513	■		■		■	23	16		19		22
48	Mussels with Italian Turkey Sausage, Tomato & Basil	■		281	10/2	1	1	513	■	■			■		16	30	18	262	30
28	Poached Cod & Green Beans with Pesto	■		264	12/3	15	4	371	■	■			■	18	15		26	41	29
30	Tuna Salad Stuffed Tomatoes with Arugula	■		353	18/2	30	11	476	■	■			■		21		63	15	70
48	Escarole & Turkey Sausage Pizza	■	■	469	23/6	49	5	768						21	37		46	6	
46	Sausage & Quinoa Stuffed Zucchini	■	■	293	13/3	23	4	626	■	■			■	15	24	16	16	7	68
69	Spatchcocked Chicken Under a Brick		■	250	12/3	0	0	481	■	■			■						
50	Turkey Sausage & Peppers Burger	■	■	409	18/6	32	5	724	■					20		20		24	45
69	Vertically Grilled Whole Chicken		■	250	12/3	0	0	481	■	■			■						
60	Grilled Leg of Lamb with Mint Garlic Rub		■	175	9/3	1	1	193	■	■			■					32	
28	Pork & Broccoli Thai Noodle Salad	■	■	428	10/3	61	3	798		■			■		17	17	37	125	
32	Southwestern Steak Salad	■		456	28/9	20	7	655					■	19	47	19	140	24	33
72	All-American BBQ Sauce	■		67	0/0	16	0	205			■	■							
72	Basil Mint Sauce			52	5/1	1	0	47			■	■	■						
72	Grilled Peach Lime Salsa	■		60	3/0	10	2	98	■	■	■	■	■						
70	Jerk Paste (*per 1 Tbsp.*)	■		24	2/0	4	0	147			■	■	■						
70	Moroccan Citrus Marinade (*per 1 Tbsp.*)	■		4	4/1	2		292			■	■	■						
70	Sweet & Spicy BBQ Rub (*per 2 tsp*)	■		9	0/0	4		47			■	■	■						
70	Thai Chile-Plum Glaze	■		70	2/0	14	0	65					■						
94	Blackberry Lemon Ice Cream Pie			279	6/6	3	3	117			■								20
63	Cornmeal Blueberry Shortcakes with Honey Whipped Cream		■	355	15/9	54	3	336			■								
94	Grasshopper Ice Cream Pie		■	277	17/6	27		136			■								
78	Jelled Raspberries			86	0/0	5	3	7	■	■			■						112
94	Mango Coconut Ice Cream Pie		■	307	16/7	35	2	117			■						16		28
94	Mocha Ice Cream Pie		■	289	18/6	29		125			■								
94	Strawberry Limeade Cream Pie		■	258	15/6	25	1	89			■								43
77	Strawberry Meringue Cake		■	346	18/7	43	3	90			■		■						53
76	Whipped Berry Pudding		■	152	0/0	37	1	47	■	■	■	■				24			

KEY TO RECIPE & NUTRITION INDEX

HOW WE TEST RECIPES

Each of our recipes is tested in the *EatingWell* Test Kitchen. Our goal is to provide healthy, delicious recipes that really work.

- Recipes are tested on average seven times each.
- We test on both gas and electric stoves.
- We use a variety of tools and techniques.
- Testers shop major supermarkets to research availability of ingredients.
- Testers measure active and total time to prepare each recipe.

HOW WE ANALYZE RECIPES

- All recipes are analyzed for nutrition content by a Registered Dietitian.
- We analyze for calories, total & saturated (sat) fat, cholesterol, carbohydrate, total & added sugars, protein, fiber, vitamins and minerals, using The Food Processor® SQL Nutrition Analysis Software from ESHA Research, Salem, OR. The complete analysis appears with each recipe or on *eatingwell.com*; some nutrients are highlighted here.
- Garnishes and optional ingredients are not included in analyses.

KEY TO COLUMN LABELS

45 MIN OR LESS: A recipe's start-to-finish time is 45 minutes or less.

BUDGET: Entrees that cost less than $3 per serving; sides and desserts that cost less than $1.50 per serving. (*See "How We Price Recipes," below.*)

LOW-CAL: Entrees have ≤350 calories per serving; combination meals (protein plus starch **or** vegetable) have ≤420 calories; complete meals (protein plus starch **and** vegetable) have ≤500 calories. Side dishes, muffins, breads and desserts have ≤250 calories per serving; dips and salsas have ≤100 calories per serving.

HEART-HEALTHY: Recipes have limited saturated fat. Entrees have ≤3 grams saturated fat per serving (seafood entrees have ≤5 grams); combination meals have ≤5 grams (seafood ≤7 grams); complete meals (including seafood meals) have ≤7 grams. Side dishes, muffins, breads and desserts have ≤2 grams saturated fat per serving; dips and salsas have ≤1 gram.

VEGETARIAN: Meatless or includes meatless options.

VEGAN: No animal products. Check the labels of ingredients, such as chocolate, to make sure they don't contain hidden sources of animal products.

GLUTEN-FREE: Does not include wheat, rye, barley or oats. Check the labels of your ingredients, such as broths and condiments, to make sure they don't contain hidden sources of gluten.

% DAILY VALUE: When a recipe provides 15% or more of the Daily Value (dv) of a nutrient, it is listed. These values are FDA benchmarks for adults eating 2,000 calories a day.

For more on our nutritional-analysis process, visit *eatingwell.com/go/guidelines*.

HOW WE PRICE RECIPES

- Costs for ingredients come from online grocers *safeway.com* and *peapod.com*.
- Costs include every ingredient, even staples.
- Costs include only the amount used.
- Garnishes and optional ingredients are not included in cost.
- Prices are best estimates as of spring 2014.

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Phoenix's Grain Revival

A father-daughter team is reviving Arizona's local grain economy by bringing back old grains with a bright future. By Michelle Edelbaum

Photo by Mark Lipczynski

KNOW A TASTEMAKER?

We want to hear about the people you know who are doing something innovative with food. Email *editor@eatingwell.com* with "tastemaker" in the subject line.

Who They Are Jeff Zimmerman dreamed of selling the kind of fresh flour he'd enjoyed as a boy growing up on his family's farm in North Dakota. But living in suburban Tempe, Arizona, he had no farmland, no wheat, no mill and no buyers. Through a series of connections with local chefs, farmers, brewers and seed savers, he was able to start Hayden Flour Mills in Phoenix four years ago. With his daughter Emma running the company's daily operations, the pair are working to revive the area's historical tradition of growing and milling heritage grains.

What They Do The Zimmermans' mill is a boutique operation, located in one of their farmer's barns. Five ancient and heritage grains, as well as corn and chickpeas, are turned into 20 flours and mixes. Bread bakers in search of a perfect loaf love their creamy, yellow-colored flour, with its sweet, fresh flavor. "I don't eat regular flour anymore," says Emma. "When you put our flour next to store-bought flour it is evident that there is something missing in industrial flour."

Why It's Cool One variety they're bringing back is White Sonora wheat, which hasn't been widely grown since the 1970s. It's suited to Arizona's climate because it is drought-resistant and requires 25% less water than modern wheats. Each year they've doubled the acreage grown. But diversified farming is just part of a bigger-picture plan, says Emma. "The mill is at the center of building a grain economy. There are a lot of people in the chain. It's about creating a community."

To order flour from Hayden Mills ($5-12 per bag): haydenflourmills.com

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